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Protein-Packed Pudding

Ingredients

1 box of sugar-free, fat-free pudding mix
1 1/2 cups skim milk
1-2 scoops protein powder

Directions

1. Prepare the pudding according to package directions, using the slightly reduced volume of skim milk.
2. After pudding consistency has been reached, blend in the protein powder and then chill to let set.
3. Note that the brand of protein powder you use will influence the consistency of the pudding - some protein powders tend to make it thinner, while others will make it thicker, so adjust the volume of milk added accordingly.