


Zucchini Bread Recipes

# Low Carb Protein Pudding: Soft, Creamy & Flavorful

| | | |
|---|---|---|
| **5 min**<br>Prep time | **5 min**<br>Cook time | **10 min**<br>Total time |
| **2**<br>Servings | **Easy**<br>Difficulty | **American**<br>Cuisine |

## Ingredients

### Pudding Base

- [ ] 1 1/2 cups unsweetened almond milk
- [ ] 1/4 cup chocolate protein powder
- [ ] 2 tablespoons unsweetened cocoa powder
- [ ] 2-3 tablespoons powdered erythritol or monk fruit sweetener (to taste)
- [ ] 1/2 teaspoon xanthan gum
- [ ] 1 teaspoon vanilla extract
- [ ] Pinch of salt

## Instructions

1. In a small bowl, whisk together the protein powder, cocoa powder, sweetener, and xanthan gum. This helps prevent clumps later. Honestly, taking this extra minute makes all the difference.
2. Pour the almond milk into a small saucepan. Slowly sprinkle the dry ingredient mixture into the milk while whisking constantly. You want to avoid any lumps, so keep that whisk moving.
3. Place the saucepan over medium heat. Continue to whisk constantly for about 3-5 minutes. You'll feel the mixture start to thicken and see it begin to simmer gently around the edges. Don't let it come to a full boil.
4. Once thickened enough to coat the back of a spoon, remove the pan from the heat. Stir in the vanilla extract and the pinch of salt. The salt just makes the chocolate flavor pop, you know?
5. Pour the pudding into two serving bowls or ramekins. To prevent a skin from forming, press a piece of plastic wrap directly onto the surface of the pudding. Let it cool for a few minutes on the counter, then transfer to the refrigerator.
6. Chill for at least 2 hours, or until firm and cold. Overnight is even better. The wait is worth it, I promise. It’s like the peaceful ending to a busy day.

### Nutrition per serving

| | | | |
|---|---|---|---|
| **120 kcal**<br>Calories | **18 g**<br>Protein | **5 g**<br>Carbs | **3 g**<br>Fat |

**Tips & notes**

- The sweetener amount can be adjusted based on your protein powder's sweetness. Start with 2 tablespoons and taste before chilling.
- If you do get a few lumps, you can pour the warm pudding through a fine-mesh sieve to strain them out.
- For a richer pudding, you can replace 1/4 cup of the almond milk with canned coconut milk.