

Choco Fever Dream

Low Carb Protein Pudding

A creamy, low-carb protein pudding that's quick to make, satisfying, and perfect for a healthy snack or dessert.

10 min Prep time	**10 min** Total time	**4** Servings
Easy Difficulty	**American** Cuisine	**Dessert** Course

Ingredients

Pudding Base

- [ ] 2 scoops (about 60 g) vanilla whey protein powder
- [ ] 2 tbsp unsweetened cocoa powder
- [ ] 2 tbsp low-carb sweetener (erythritol or stevia)
- [ ] 1 cup unsweetened almond milk
- [ ] ½ cup full-fat plain Greek yogurt
- [ ] ½ tsp vanilla extract
- [ ] Pinch of sea salt

Optional Toppings

- [ ] Fresh raspberries or blueberries
- [ ] Chopped toasted almonds
- [ ] A drizzle of sugar-free chocolate sauce

Instructions

1. In a medium bowl, whisk together the protein powder, cocoa powder, sweetener, and sea salt until evenly combined.
2. Warm the almond milk gently (just until steaming) and pour it over the dry mixture, whisking continuously to dissolve any lumps.
3. Stir in the Greek yogurt and vanilla extract, mixing until the pudding is smooth and glossy.
4. Cover the bowl with plastic wrap and refrigerate for at least 30 minutes, or until set to a creamy thickness.
5. Serve chilled, topping each portion with berries, almonds, or a drizzle of chocolate sauce. For a richer finish, try the chocolate mousse addition.

Nutrition per serving

180 kcal	25 g	6 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If the pudding feels too thick after chilling, whisk in a little more almond milk.
- Taste before chilling; adjust sweetness if needed, as flavors mellow when cold.
- For extra depth, add a dash of espresso powder to the dry mix.