

Choco Fever Dream

Protein Tiramisu Pudding

Creamy protein-packed tiramisu pudding with coffee flavor and a light, airy texture.

15 min Prep time	**15 min** Total time	**4** Servings
Easy Difficulty	**Italian** Cuisine	**Dessert** Course

Ingredients

Main Ingredients

- [ ] 1 cup whey protein isolate (vanilla or unflavored)
- [ ] 8 oz mascarpone cheese, softened
- [ ] ½ cup Greek yogurt (full-fat)
- [ ] ½ cup cold brew coffee, cooled
- [ ] 2 tbsp honey or maple syrup
- [ ] 2 tbsp cocoa powder (for dusting)
- [ ] 1 tsp vanilla extract

Optional Toppings

- [ ] Shaved dark chocolate
- [ ] A pinch of sea salt
- [ ] Fresh berries

Instructions

1. In a large mixing bowl, whisk together the whey protein, honey, vanilla extract, and the cold brew coffee until smooth; the mixture should be glossy.
2. Add the softened mascarpone and Greek yogurt to the bowl; fold gently with a spatula, being careful not to over-mix.
3. Taste and adjust sweetness if needed; then spoon the pudding into serving glasses, leaving a little space at the top.
4. Dust each glass with sifted cocoa powder and optionally garnish with shaved chocolate or a pinch of sea salt.
5. Refrigerate for at least 45 minutes before serving to allow flavors to marry and the texture to set.

Nutrition per serving

210 kcal	22 g	12 g	9 g
Calories	Protein	Carbs	Fat

Tips & notes

- Use a chilled bowl for the protein mixture to keep it firm.
- If the pudding feels too thick, whisk in a tablespoon of milk or almond milk.
- For extra coffee intensity, add a dash of espresso powder.