

PROTEIN PUDDING CUP

Calories: 180

Protein: 20g | **Carbs:** 8g | **Fat:** 4g

Ingredients:

Sugar-free Jell-O pudding mix
(cheesecake or chocolate) – 8g (about
1/2 serving)

Unsweetened almond milk – 100g

Vanilla whey protein powder – 25g

Sugar-free whipped cream – 10g
(optional)

Directions:

Whisk together all ingredients until
thick.

Chill for 10–15 mins and top with
whipped cream.

