



Long Livo

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

Easy

Difficulty

10 min

Total time

American

Cuisine

4

Servings

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

Calories

25 g

Protein

6 g

Carbs

8 g

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.