



Long Livo

Protein Tiramisu Pudding

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

15 min

Prep time

Easy

Difficulty

15 min

Total time

Italian

Cuisine

4

Servings

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

Calories

22 g

Protein

12 g

Carbs

9 g

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.