

Treasure Barrel

High Protein Chocolate Pudding

5 min Prep time	**5 min** Cook time	**10 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 2 scoops (60 g) chocolate whey protein powder
- [ ] 2 tbsp unsweetened cocoa powder
- [ ] 1 cup (240 ml) milk or almond milk
- [ ] 1/2 cup (120 g) plain Greek yogurt
- [ ] 2 tbsp maple syrup or honey
- [ ] 1 tsp vanilla extract
- [ ] Pinch of sea salt

Optional Add-Ins

- [ ] Fresh berries
- [ ] Chopped nuts
- [ ] A drizzle of melted dark chocolate

Instructions

1. In a saucepan, whisk together cocoa powder, protein powder, milk, and a pinch of salt over low heat.
2. Heat gently, stirring constantly, until the mixture thickens and smells fragrant—about 3 minutes.
3. Remove from heat and stir in the maple syrup, vanilla, and Greek yogurt until fully combined and silky.
4. Divide into four bowls, add optional toppings, and serve warm or chilled.
5. If desired, garnish with a few pieces of yogurt clusters for extra crunch.

Nutrition per serving

240 kcal	28 g	22 g	5 g
Calories	Protein	Carbs	Fat

Tips & notes

- For a thicker pudding, let it sit for a couple of minutes before serving.
- Adjust sweetness by tasting before adding the full amount of syrup.
- A tiny dash of espresso powder can deepen the chocolate flavor without tasting coffee.