



Banana Protein Pudding

Ingredients

- 2 cups cottage cheese
- 1 ripe banana
- 2 tablespoons maple syrup
- 1/2 tsp vanilla extract
- Pinch of salt

Directions:

1. Add cottage cheese, banana, maple syrup, vanilla extract and to blender; Blend until smooth
2. Pour mixture into container
3. Allow to set in fridge until thick, at least one hour
4. Store in fridge for up to 5 days
5. Enjoy

Cost: 

Ease: 

Health Benefit: Bananas contain potassium which supports healthy blood flow. Cottage cheese is a great source of complete protein to support strong bones. Maple syrup contains antioxidants that promote overall health.

Equipment

Blender or food processor
Airtight container