



Chocolate Protein Pudding

Ingredients

- 1 cup cottage cheese
- 2 TBSP maple syrup
- 2 TBSP cacao powder
- 1 ripe banana

Directions:

1. Add all ingredients to blender and blend until smooth
2. Pour pudding into a bowl or container of choice
3. Allow to cool in fridge and set until thick, at least one hour
4. Store in fridge for up to 5 days
5. Enjoy!

Equipment

Blender or food processor
Airtight container

Cost: 

Ease: 

Health Benefit: Cacao powder is rich in antioxidants that decrease the risk of chronic disease. Bananas contain potassium which supports healthy blood flow. Cottage cheese is a great source of complete protein to support strong bones.