

Helergon Kitchen

High Protein Chocolate Pudding

10 min Prep time	**5 min** Cook time	**15 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Base

- [ ] 1 ripe avocado, peeled and pitted
- [ ] 1 cup Greek yogurt (full-fat)
- [ ] 1/3 cup almond milk
- [ ] 2 tbsp unsweetened cocoa powder
- [ ] 1/2 cup chocolate protein powder
- [ ] 2 tbsp honey (or maple syrup)
- [ ] 1 tsp lemon juice
- [ ] Pinch of sea salt

Optional Toppings

- [ ] Fresh raspberries
- [ ] Chopped toasted almonds
- [ ] A drizzle of almond butter

Instructions

1. Warm the almond milk in a small saucepan over low heat, then whisk in cocoa powder until smooth; remove from heat.
2. In a blender, combine avocado, Greek yogurt, honey, and lemon juice; blend until ultra-smooth.
3. Add the chocolate protein powder and the warm cocoa-almond milk mixture to the blender; pulse until fully incorporated.
4. Taste and adjust sweetener or a pinch more salt; pour the pudding into four serving glasses.
5. Chill for at least 15 minutes. Top with berries, nuts, or a drizzle of almond butter before serving. protein balls

Nutrition per serving

280 kcal	22 g	28 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra silkiness, press the avocado through a fine sieve before blending.
- If the pudding seems thick, add a splash more almond milk and stir gently.
- You can prepare the base a day ahead; add toppings just before serving.