

Blueberry protein pudding

submitted by Epiphron



Per serving: 349 Calories • 21.6g Carbs (2.7g Fiber) • 3g Fat • 58.5g Protein

Ingredients

Ingredients scaled to: 1 serving

3 1/2 oz **Nonfat greek yogurt** (99.2 grams)

2 scoop (30g) **Whey protein powder** (60 grams)

3 1/2 oz **Blueberries, frozen** (99.2 grams)

Directions

Directions are based on the original recipe of 1 serving

1. Blend ingredients in a mixer until mixture is thick enough to stay on a spoon.