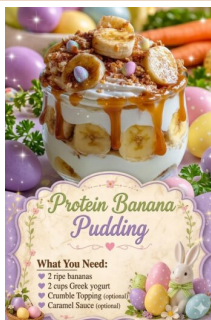


Guilt-Free Protein Banana Pudding That Actually Tastes Amazing

Protein Banana Pudding - A Creamy Classic with a High-Protein Boost



TIME
2 min

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INGREDIENTS

2 cups plain Greek yogurt (or vanilla for extra sweetness)
1 scoop vanilla protein powder
1 package sugar-free instant vanilla pudding mix
1 1/2 cups cold milk (dairy or almond)
2 ripe bananas, sliced
1/2 teaspoon vanilla extract
1/2 cup crushed vanilla wafers or high-protein cookie alternative
Optional: light whipped topping

DIRECTIONS

1. Mix the : Pudding BaseIn a bowl, whisk together milk and sugar-free pudding mix until thickened (about 2 minutes).
2. Add : Protein BoostStir in Greek yogurt, protein powder, and vanilla extract until smooth and creamy.
3. Layer the : IngredientsIn serving glasses or a meal prep container, add a layer of pudding mixture.
4. Add : Bananas and CrunchTop with sliced bananas and crushed wafers.
5. Repeat : LayersContinue layering until ingredients are used, finishing with pudding on top.
6. Chill: Refrigerate for at least 1 hour before serving to allow flavors to meld.
7. Optional : ToppingAdd light whipped topping just before serving.

SWAPS & NOTES

and Swaps Greek yogurt tip: Use full-fat for richer texture, nonfat for lower calories.

Protein powder: Choose a smooth-blending vanilla flavor.

Low-carb option: Skip wafers and add crushed nuts instead.

Extra banana flavor: Blend one banana directly into the pudding mixture.

More recipes: [ChefManiac.com](https://chefmaniac.com)

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