



PROTEIN PUDDING

Michelle Briceno, Registered Dietitian at Terrebonne General Weight Management, shares two ways to enjoy protein pudding for the perfect sweet treat.

OPTION 1

Single serving nonfat plain Greek yogurt with one scoop of your favorite protein powder.

Nutrition: Serving size 5 oz

Base provides 165 calories, 1g fat, 8g carbs, 30g protein

OPTION 2

Sugar-free instant pudding mix, but replace the 2-cup liquid milk portion with 2 cups of your favorite liquid protein shake.

Nutrition: Serving size ½ cup

Base provides 83 calories, 1g fat, 6g carbs, 11g protein

FLAVOR COMBOS

1. **Strawberry Cheesecake:** Sugar-free cheesecake flavor pudding with vanilla shake. Topped with chopped strawberries and two crushed vanilla wafers or graham crackers.
2. **Cookies and Cream:** Chocolate pudding mix with a chocolate shake and topped with one crushed Oreo.
3. **Pistachio:** Pistachio-flavored pudding with vanilla shake topped with crushed nuts.
4. **Cinnamon Crunch:** Sugar-free vanilla pudding with vanilla shake and 1/3 teaspoon ground cinnamon. Topped with 1-2 tablespoons crunchy cereal of choice.

Call **985.850.6013** to schedule a consult today.