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Day 7, Meal 5: Bedtime Snack: High-Protein Peanut Butter Pudding

Ingredients

Casein protein powder, 1 scoop

Peanut butter, 2 tbsp

Water, as needed

Directions

1. Heat the peanut butter in a microwave-safe dish until melted, about 15-20 seconds.
2. Add the protein powder and a drizzle of water, and begin stirring. Be patient.
3. Slowly add more water while you continue to stir (as needed) until you reach your desired consistency.

Nutrition Facts:

Serving size: 1 bowl

Recipe yields 1 serving

Calories: 321

Fat: 17 g

Carbohydrates: 11 g

Protein: 31 g