



Super Pudding (Bariatric)

U.S.

1 scoop	Whey Protein Isolate, Chocolate
2 tsp	Cornstarch
1 3/4 cup	Milk, 1%
1 tsp	Vanilla Extract
1 tbsp	Swerve, no calorie sugar substitute
3 tbsp	Cocoa powder, unsweetened
3 tbsp	Peanut Butter, creamy (Smuckers Natural)

Metric

1 scoop
8 g
414 mL
1 mL
15 g
85 g
45 g

Preparation:

1. In a small bowl, whisk all ingredients.
2. In a large saucepan over medium heat, stir in mixture.
3. Cook, stirring constantly, until mixture boils.
4. Continue to cook and stir until mixture thickens. Remove from heat.
5. Pudding will continue to thicken as it cools, allow to cool for 5 minutes.
6. Chill in refrigerator until ready to serve.

Nutrition Facts

7 Servings

Serving size 1/4 cup

Amount per serving

Calories 80

Calories from Fat 35

Total Fat 4 g

Saturated Fat 1 g

Trans Fat 0 g

Monounsaturated Fat 0 g

Cholesterol 5 mg

Sodium 55 mg

Total Carbohydrate 8 g

Dietary Fiber 1 g

Total Sugars 4 g

Includes .05 g Added Sugars

Protein 6 g

Vitamin D 0 %

Calcium 10 %

Iron 0 %

Potassium 115 mg

Phosphorus 63.7 mg