

PISTACHIO PROTEIN PUDDING



INGREDIENTS:

- 2 scoops Glam Pro
- Sugar free pistachio pudding mix
- 2 cups 2% filtered milk
- 5 Mini graham pie crust

DIRECTIONS:

1. Mix milk, Glam Pro, and pudding mix
2. Beat mixture for around 3-5 minutes
3. Please in the refrigerator to set
4. When ready to enjoy, measure 1/2 cup of the protein pudding mix and place it in the mini pie crust. (you can pre-fill all of them but the crust will not stay crispy if so)
5. Keep refrigerated and enjoy within 5-7 days.

Enjoy!



Makes 5 Servings | Serving Size = 1 Pudding Cup
Calories: 196 | Protein: 12 g | Carb: 20 g | Fat: 6 g | Fiber: 7 g