



Northeast Georgia Medical Center

BARIATRIC WEIGHT LOSS CENTER



Cheesecake Pudding

Serving Size: ½ of the mixture

Ingredients:

- 1 (11.5oz bottle) cold ready to drink protein shake
- 2 Tbsp sugar free fat free cheesecake instant pudding mix
- 4 Tbsp berries
- 2 Tbsp sliced or chopped nuts

Steps:

1. In a small blender add instant pudding mix and protein shake.
2. Split mixture evenly between two small bowl and let them chill in the refrigerator until they solidify. Mine took ~30 minutes.
3. Top each bowl with 2 Tbsp berries and 1 Tbsp of nuts right before eating.

Nutrition Facts (per serving):

Calories: 151, Protein: 17 g, Fat: 7 g, Carbohydrates: 9 g, Sugars: 1 g