

High-Protein Banana Pudding



This banana pudding is simple, creamy, and packed with protein! I love this recipe for its smooth texture and comforting sweetness. It's the perfect dessert or snack, especially with a dollop of yogurt and a crunchy topping!

Preparation 10 min

Cooking 10 min

Servings 4

Nutrition Facts (per serving)

Calories 220

Fat 4

Carbohydrates 33

Fibre 2

Protein 13

Sodium 60

Ingredients

Pudding

- 2 to 3 ripe bananas, mashed
- 500 ml (2 cups) high-protein 2% milk
- 45 ml (3 tbsp) cornstarch
- 15 ml (1 tbsp) honey

- 15 ml (1 tbsp) sesame butter (tahini)
- 5 ml (1 tsp) vanilla extract
- 1 ml (¼ tsp) turmeric (optional)

Toppings

- 125 ml (½ cup) plain Greek yogurt, 0% MF
- 60 ml (¼ cup) granola or crushed biscuits

Preparation

1. In a saucepan, whisk the milk and cornstarch together until fully dissolved.
2. Heat over medium heat, stirring constantly. Add the honey and sesame butter, bringing the mixture to a light boil.
3. Reduce heat and stir in the mashed bananas, vanilla, and turmeric. Continue cooking while stirring until thickened.
4. Remove from heat and let cool slightly before dividing into bowls. Refrigerate for at least 3 hours until fully set.
5. Serve topped with Greek yogurt and crumbled biscuits.

Notes

Keeps for up to 2 days in an airtight container in the refrigerator.

Turmeric is optional but adds a beautiful yellow hue. For a smoother texture, blend the pudding with an immersion blender before cooling. Sesame butter can be replaced with any nut butter of your choice.



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