

- Prep Time: 15 minutes
- Cook Time: 0 minutes (*No baking or stove cooking required*)
- Chill/Setting Time: 2 hours (*Essential for the flavors to meld and the wafers to soften*)
- Total Time: 2 hours 15 minutes

Table of Contents



- [Recipe Intensities](#)
- [Ingredients](#)
 - [Protein Pudding Base](#)
 - [Layering & Toppings](#)
- [Step-by-Step Preparation](#)
 - [Step 1: Blend the Pudding Base](#)
 - [Step 2: Layer the Pudding Cups](#)
 - [Step 3: Chill and Set](#)
 - [Step 4: Top and Serve](#)
- [Chef's Tips for Success](#)
- [Detailed Nutritional Breakdown](#)

Recipe Intensities

- Technical Difficulty: Low (1 / 5) – Requires basic blending, whipping, and layering.

- Physical Intensity: Very Low (1 / 5) – No heavy kneads or prolonged manual whisking if using an electric mixer or blender.
- Kitchen Tool Complexity: Minimal – Standard blender/food processor, mixing bowl, and mason jars or dessert cups.

Ingredients

Yield: 4 Individual Serving Cups (approx. 8 oz / 240g each)

Protein Pudding Base

- 3 medium Ripe bananas (*look for bananas with plenty of brown spots for natural sweetness*)
- 2 cups (480g) Plain non-fat or 2% Icelandic/Greek yogurt (*strained Greek yogurt provides the thickest texture*)
- 2 scoops (approx. 60g) Vanilla Whey or Whey-Casein Blend Protein Powder (*a whey-casein blend yields a thicker, more pudding-like consistency*)
- ½ cup (120ml) Unsweetened almond milk, oat milk, or fairlife ultra-filtered milk (*adjust slightly for desired thickness*)
- 1 packet (7g or ~2 tsp) Sugar-free vanilla instant pudding mix (*optional, but adds stability and authentic flavor*)

- 1 tsp Pure vanilla extract
- ¼ tsp Ground cinnamon
- 1 pinch Fine sea salt

Layering & Toppings

- 1 medium Firm banana, thinly sliced (*for visual layers and fresh texture*)
- 16-20 items Vanilla Nilla Wafers or high-protein mini graham crackers (*approx. 4-5 per cup*)
- ½ cup (120g) Light whipped topping (or light aerosol whipped cream)
- Optional garnish: Extra wafer crumbs or a sprinkle of dark chocolate shavings

Step-by-Step Preparation

Step 1: Blend the Pudding Base

1. In a high-speed blender or food processor, combine the 3 ripe bananas, 2 cups of Greek yogurt, 2 scoops of vanilla protein powder, ½ cup of milk choice, sugar-free vanilla pudding mix, vanilla extract, ground cinnamon, and a pinch of salt.

2. Blend on medium-high speed for 45 to 60 seconds until the mixture is completely smooth, glossy, and lump-free.
3. *Texture Check:* Stop the blender and scrape down the sides with a spatula. The mixture should resemble a thick custard. If it feels too dense for your blender, add 1 tablespoon of milk at a time until smooth.

Step 2: Layer the Pudding Cups

1. Prepare 4 individual glass jars, glasses, or dessert cups (8 oz size works best).
2. **First Layer (Base):** Place 1 crushed vanilla wafer at the bottom of each jar, followed by a spoonful (about 2 tablespoons) of the high-protein banana pudding mixture.
3. **Second Layer (Fruit & Crunch):** Lay 3-4 thin slices of fresh banana around the perimeter and over the center of the pudding layer. Add 2 whole or lightly broken vanilla wafers on top.
4. **Third Layer (Pudding Fill):** Evenly distribute the remaining pudding mixture across all 4 cups, filling them near the top. Smooth the top with the back of a spoon.

Step 3: Chill and Set

1. Cover each cup tightly with plastic wrap or lid.
2. Place the cups in the refrigerator for at least 2 hours (overnight is ideal). During this

time, the vanilla wafers absorb moisture from the pudding, softening into that traditional cake-like texture while the protein base sets fully.

Step 4: Top and Serve

1. Just before serving, remove the plastic wrap.
2. Top each cup with 2 tablespoons of light whipped topping, a fresh slice of banana, and a final wafer or wafer crumbs for garnish.

Chef's Tips for Success

- **Banana Ripeness Matters:** The natural sweetness of this recipe relies heavily on ripe bananas in the pudding base. Use yellow bananas with deep brown speckles for maximum sweetness without adding extra sugar.
- **Choosing the Right Protein Powder:** Whey-casein blends or pure casein powders work exceptionally well here because casein absorbs liquid and thickens naturally in cold preparations. Pure whey protein concentrate works too, but may yield a slightly looser pudding unless the sugar-free instant pudding mix is used.
- **Storage & Meal Prep:** These pudding cups can be stored in the refrigerator for up to 4 to 5 days. For best texture, add the top fresh banana slice and whipped cream right before eating to prevent oxidation (browning) on the garnish.

Detailed Nutritional Breakdown

The values below are calculated per individual serving (1 pudding cup with garnishes included).

Nutrient	Amount Per Serving	% Daily Value*
Calories	285 kcal	—
Total Fat	4.5 g	6%
<i>Saturated Fat</i>	1.5 g	8%
<i>Trans Fat</i>	0 g	—
Cholesterol	15 mg	5%
Sodium	220 mg	10%
Total Carbohydrates	38 g	14%
<i>Dietary Fiber</i>	3.5 g	12%
<i>Total Sugars</i>	19 g	—
<i>(Includes Added Sugars)</i>	<i>(4 g)</i>	8%
Protein	24 g	48%
Calcium	210 mg	16%
Potassium	520 mg	11%
Iron	0.8 mg	4%