

LEAN BODY®



5 Minute Pudding

HOW TO MAKE IT

1. Combine all of your ingredients together in a food process or blender
2. Process or blend until smooth

INGREDIENTS

- 1 Cup (226g) Fat Free Cottage Cheese
- 1/4 Cup (28g) Coconut or Almond Flour
- 1 Teaspoon Vanilla Extract
- 1/2 Serving Favorite Nuts
- 1/4 Teaspoon Xanthan Gum
- 1 Serving Your Choice Flavor Instant Pudding
- 1/4 Cup (2 Ounces) Your Choice Flavor **Lean Body** RTD

NUTRITION

Whole Recipe

Makes: 1 Recipe

Calories: 444

Fat: 12g

Saturated Fat: 5g

Sodium: 782mg

Carbs: 43g

Fiber: 12g

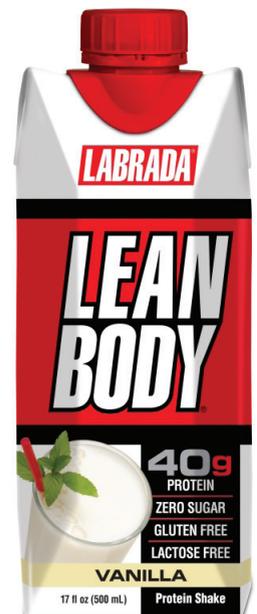
Sugar: 12g

Protein: 41g

TIPS

Top with some crushed up nuts!

Put in the fridge for a few hours and it'll thicken up even more!



 **5:00**