

PUDDING

 2 servings  Prep time: 10 minutes

INGREDIENTS

- 1 Cup of milk (235-240 mL)
- 2 Cup plain Greek yogurt (230 g)
- 1 Package instant pudding mix



NOTES

You can choose the flavor of pudding of your choice and your favorite topping (cookies, fruits, chocolate chips).

DIRECTIONS

1. In a bowl or a container, put together the cup of milk, Greek yogurt, and the whole package of pudding mix.
2. Whisk for 3-4 minutes all the ingredients until smooth and creamy.
3. Let fully set for about 5 minutes.
4. Time to assemble! Layer the pudding with your favorite Greek yogurt to boost the protein.
5. Top it with blueberries or th fruit of your preference.

TIRAMISU

 4 servings  Prep time: 20 minutes



INGREDIENTS

- 2 Cups of your favorite coffee
- 1 Cup Plain Greek Yogurt (240-250 g)
- 1 Cup Cottage cheese (225-230 g)
- 1 Cup Mascarpone (225-230 g)
- 2-3 tsp Vanilla extract
- 4-5 tbsp Maple syrup or honey
- 2 Pack of ladyfingers cookies

DIRECTIONS

1. Brew your coffee according to your preference
2. Add the plain Greek yogurt, cottage cheese, mascarpone, vanilla extract, and maple syrup in a blender.
3. Blend for 2-3 minutes until obtain a creamy filing.
4. Dip quickly the ladyfingers in coffee.
5. In your container, layer with the ladyfingers and the filling (3 to 4 layers each).
6. Add on the top coffee powder or cocoa powder and place it in the fridge.