



## UNJURY High Protein Pudding

### Ingredients:

2 scoops UNJURY Unflavored  
2 cup. Skim Milk  
1 Package Jell-O Chocolate Instant Pudding Mix, Sugar Free, Fat-free (may use vanilla instead)

### Nutritional Information:

- Servings: 4
- Servings size: 1/2 cup
- Calories: 120 kcal
- Fat: 0 g
- Carbohydrates: 13 g
- Sugar: 6 g
- Protein: 16 g

### Instructions:

1. Measure 2 cups cold, skim milk
2. Add 2 scoops of Unflavored UNJURY to the 2 cups of cold, skim milk
3. Thoroughly mix the UNJURY powder with the milk by shaking or stirring
4. Add pudding package into a bowl and then add the UNJURY and skim milk mixture to the pudding mix
5. Mix well, chill, and enjoy!

This delicious recipe brought to you by <http://www.unjury.com/blog/recipes/>