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PROTEIN-POWERED PEAR PUDDING

A quick and tasty way to get your mid-afternoon protein.

Serves: 2

Ingredients:

- 2 pears
- 1 cup water
- 2 tbsp chia seeds
- 1 scoop + 1 tbsp Ergogenics vanilla or unflavoured protein powder
- 1 tbsp vanilla extract (optional)

Instructions:

1. Dice the pears and place them in a sauce pan with the water.
2. Cook them on medium heat for 10-15 minutes until they get very soft.
3. Blend them until you get a very smooth pure texture.
4. Add the chia seeds, protein powder and vanilla extract if using.
5. Mix with a spoon and let chill in the fridge for minimum of 20 minutes before eating.
6. The longer you refrigerate the more of a pudding texture it will get.
7. Enjoy!

Notes:

1. I often substitute 1 cup Filsinger's applesauce if I don't have time to cook the pears. When I make it with the applesauce, I prefer to leave out the vanilla extract.

Servings: 1 Carb + 1 Protein + 1 Fat

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Serv. size 1/2 cup Servings 2 Calories 250 Fat Cal. 40	Total Fat 4g	6%	Total Carb. 29g
	440kcal 0g	0%	Fiber 10g	38%
	Trans fats 0g		Sugars 17g	
	Cholest. 0mg	0%	Protein 23g	
	Sodium 30mg	1%		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 0%	Vitamin C 10%	Calcium 10%	Iron 8%

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