

Trim Healthy
WISDOM

Kefir Pudding Bowl (FP)

Chocolate, Strawberry & Vanilla Options

If you have to be dairy-free, you can use non-dairy kefir here. Donna Schwenk has some great recipes on [Cultured Food Life](#).

Makes 2 Snack or Small Meal Sized Servings

INGREDIENTS:

Chocolate

- 2 cups *Home Fermented Kefir* (lean)
- 1 Tbs [TH Just Gelatin](#)
- 1/3 cup [TH Chocolate Optimized Whey Protein Powder](#) * (optional)
- 3 Tbs room temperature water
- 1 1/2 Tbs unsweetened cocoa or cacao powder (*if not using whey, increase to 3 Tbs)
- 1 Tbs [TH Gentle Sweet](#) (if not using the whey, increase to 3 Tbs or to taste)
- 2-3 generous pinches [TH Mineral Salt](#)
- 1 dash [TH Natural Burst Vanilla Extract](#)
- 3 Tbs just off the boil water



Strawberry

- 2 cups *Home Fermented Kefir* (lean)
- 1 Tbs [TH Just Gelatin](#)
- 2 1/2 Tbs [TH Strawberry Optimized Whey Protein Powder](#)
- 2 1/2 Tbs [TH Vanilla Optimized Whey Protein Powder](#)
- 3 Tbs room temperature water

- 1 Tbs [TH Gentle Sweet](#) (if needed, to taste)
- 2-3 generous pinches [TH Mineral Salt](#)
- 1 dash [TH Natural Burst Vanilla Extract](#)
- 3 Tbs just off the boil water

Vanilla

- 2 cups *Home Fermented Kefir* (lean)
- 1 Tbs [TH Just Gelatin](#)
- 1/3 cup [TH Vanilla Optimized Whey Protein Powder](#)
- 3 Tbs room temperature water
- 1 Tbs [TH Gentle Sweet](#) (if needed, to taste)
- 2-3 generous pinches [TH Mineral Salt](#)
- 1 dash [TH Natural Burst Vanilla Extract](#)
- 3 Tbs just off the boil water

INSTRUCTIONS:

1. Bloom the gelatin by placing the gelatin powder in a small cup or bowl, adding room temperature water, and stirring well. Set it aside.
2. Mix all other ingredients in another bowl until combined.
3. Add the boiled water to the bloomed gelatin, stir well, then pour that into the bowl with the other combined ingredients and stir well again.
4. Divide the mixture into two small bowls or ramekins and refrigerate for several hours or overnight.

Protein Nerd Notes:

Your Protein Nerd Level 3 requirements are fully covered here with the [TH Optimized Whey Protein](#) and regular milk kefir. If you leave out the whey for the chocolate option, add more protein to your snack or meal by including a half serving of [TH Optimized Collagen](#) with a coffee or chugging it before your meal with an added tsp of [TH ESSENTIAL](#) in a little water and then chasing it with more water. Alternatively, you could simply have a pre-cooked meat or fish option with your pudding... perhaps some pieces of leftover chicken.