

Trim Healthy  
W I S D O M

## Katie's Mango Kefir Pudding (E)

*(P—Katie McReynolds has been a well-known face in our THM community. A year or so ago, she took some time off social media to be more present with her family, but we keep in touch quite often. She's doing great, by the way, and wanted me to say a "big hi" to all of you!)*

*Katie recently told me about this mango pudding she enjoys as an afternoon snack. It perfectly fuels her lean body mass and gives her fantastic carbs without being too high in density for her early peri years.*

*I'm a mango fan, too, so I started playing with her general (throw in this and that) recipe. I added [TH ESSENTIAL](#) because I knew that flavor works well with mango, and now I have something that turns out great every time. I love the ginger kick, but you don't have to include that. Also, I'm not a fan of super firm set pudding, this is a softer set, so if you like things firmer, add more gelatin. Overall, this pudding feels lovely and light... if you're not one who likes to get too full in your afternoon snack and you like saving room for some good dinner hunger... this is perfect. Katie sends her love and this recipe to you.)*

Makes 2 Servings

### INGREDIENTS:

- 1 slightly rounded tsp [TH Just Gelatin](#)
- 1 Tbs cool water and 2 Tbs just off the boil water for blooming (divided)
- 1 ½ cups lean *Home Fermented Kefir*
- 1 ¼ cups frozen mango chunks (or fresh, ripe mango)
- 3 Tbs [TH Optimized Plant Protein Powder](#)
- 1 Tbs [TH ESSENTIAL](#)
- 1 ½ tsp [TH Super Sweet Blend](#) (or [TH Gentle Sweet](#) or [TH Pure Stevia Extract Powder](#) to taste)



- 1-2 dashes [TH Natural Burst Vanilla OR Coconut](#)
- 1/3 - 1/2 tsp ginger powder (optional; for a kick)
- 1 tsp unsweetened coconut (shredded, to top the pudding with; 1 teaspoon to keep in E mode; optional)

### INSTRUCTIONS:

1. Put gelatin powder in a small mug. Pour in the cool water, stir, then leave on the counter for a few minutes to thicken a little. Now pour in the just off the boil water, stir then set aside.
2. Add all other ingredients to a blender, followed by the bloomed gelatin.
3. Blend well until perfectly smooth, taste for sweetness, and adjust, if necessary, then pour into two glasses or two small glass jars. Place in the refrigerator and let the pudding set up to a spoonable consistency. (This will take several hours or overnight.) Take one out whenever you need a perfect protein snack and top it with just a little unsweetened shredded coconut, if desired, around 1 teaspoon or so, as a garnish to keep you well in E mode.

### Protein Nerd Notes:

Each serving gives you exactly the right amount of protein for your Protein Nerd Level 3 requirements. You get a 3-gram leucine bolus for each single-serve pudding!

### Other Notes:

If using frozen mango, sometimes the cubes are more of a pale-yellow color, which means the fruit was not frozen at full ripeness, and the pudding can taste more tart. You may need more sweetness to compensate if this is the case.