

Trim Healthy
W I S D O M

Charlie's Kefir Pudding (FP, S, E or XO)

(P - This gut-healing bowl of protein-fueled goodness came about quite by accident. Charlie's Kefir Smoothie is a recipe that I created for my husband's breakfast that helped immensely with some serious gut issues he was having. You can read about that story on page 184 of Trim Healthy Wisdom. He was so impressed with the benefits that he asked if he could have one in the afternoon as well. We discovered that when I made it in the morning, he'd come home after work to eat it in the late afternoon, and it would be set up like a pudding. He'd have to eat it with a spoon. That appealed to me as a pudding enthusiast, so I decided to try it for myself. I fell in love with it and now enjoy it frequently for an afternoon snack or even for a quick lunch sometimes. I love that it is pre-made, so I can just grab it out of the fridge, add the optional toppings, and my snack or meal is ready in just two minutes. Sometimes, when I have quite a bit of kefir handy, I make 2 or 3 snack-sized portions at once so they're ready to grab for busy weekday afternoons. I use full-fat milk kefir for Charlie's version as he prefers that, but I love lean kefir for mine, and I add in an assortment of proteins – whatever I have on hand or am in the mood for. This recipe is forgiving and works with any form of added protein powder you might have. Just be sure to drink lots of water. The psyllium will be very beneficial to your bowel movements but you need plenty of water so it can do its thing. You can read about the amazing benefits of psyllium husks for your gut and your healthiest weight on pages 178 and 179 of Trim Healthy Wisdom.)

Single Serving

INGREDIENTS:

- 1 cup *Home Fermented Kefir* (lean; for snack size) or 1½ cups (for meal size)
- 3½ Tbs Optimized Protein Powders of choice (I like a mixture of 1 Tbs [TH Optimized Plant Protein](#), 1 Tbs [TH Optimized Whey Protein Powder Vanilla Flavor](#), 1 Tbs [TH Optimized Collagen](#), and ½ Tbs [TH ESSENTIAL](#))
- 1 – 2 doonks [TH Pure Stevia Extract Powder](#) (or more to taste if needed)
- 4 frozen strawberries
- ½ frozen or fresh banana for E (optional)



- 1 – 2 Tbs [TH Baobab Boost Powder](#)
- 1-2 Tbs [TH Whole Husk Psyllium Flakes](#)
(depending upon the amount of kefir used)
- ¼ cup low-fat cottage cheese (optional)

Topping Choices:

- fresh or thawed berries (limit to ½ cup blueberries if having as an S)
- nuts, seeds, or their butter
- fresh fruit such as ½ a diced apple or ½ of a peach
- 1 Tbs goji berries
- 2 Tbs on-plan granola
- 1 tsp cacao nibs

INSTRUCTIONS:

1. In the morning or before bed, put all pudding ingredients in a blender and blend until completely smooth.
2. Transfer the pudding mixture to a bowl or jar, cover, and place in the fridge.
3. When ready to eat, you can eat just as is (which would be FP) or enjoy toppings. For an E, top with fresh or thawed berries plus on-plan granola, goji berries, or diced apple with a very light sprinkle of nuts. For S, enjoy the berries plus a more generous sprinkle of nuts or 1 Tbs nut butter plus a tsp or so of cacao nibs. (Combine E and S toppings for XO, or use only berries and an E-sized amount of nuts or nut butter for FP. Consider only using the FP version for a snack and not a meal).

Protein Nerd Notes:

(P - Kefir has just 8-10 grams of protein per cup and less than 1 gram of leucine so it is not enough protein as a stand-alone. For this reason, I usually put what amounts to at least a whole serving of optimized proteins in this pudding just to ensure all my Protein Nerd Level 3 needs are met and exceeded. Although in the recipe I have given an option for mixing powders, I have used just 3 Tbs. of [TH Optimized Plant Protein](#) before, and it still worked out fine. You can try any protein powder in this, but if it is unsweetened, you may have to increase stevia amounts.)