

Protein-Rich Chocolate Egg Pudding

This **Protein-Rich Chocolate Egg Pudding** is a fat-burning snack, made in accordance with the **Diet Free Life methodology**. Crafted with real, whole ingredients, it's naturally balanced with protein, carbohydrates, healthy fats, and fiber.

Whether you're staying committed to your goals or looking for a healthy dessert the whole family will enjoy, this pudding is **waistline-friendly, comforting, and 100% guilt-free**. No fake ingredients. No empty calories. Just satisfying, nutrient-dense goodness in every bite.

Ingredients:

- 3 boiled eggs (peeled)
- ½ medium avocado
- 1 cup unsweetened almond milk
- 4 tablespoons unsweetened cocoa powder
- 3 tablespoons honey
- 2 teaspoons vanilla extract

Method:

1. First blend the milk and avocado and then add the eggs and blend again before adding the cocoa and honey, and blend to desired consistency. Do a quick taste test, and if you smell or taste the egg, add a pinch of salt or ½ tablespoon of cocoa powder.
2. Chill in the refrigerator for two hours and enjoy!

Serves: 4 (½ cup servings)

Recommendation: Consider topping with berries or chopped nuts after chilling.

Approximate nutritional analysis per serving: 198 calories (9 grams of protein, 24 grams of carbohydrates, 8 grams of fat, 3 grams of fiber).