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Description

Indulge in a velvety, rich chocolate treat without turning on the oven. This No-Bake Chocolate Custard Dessert combines a silky-smooth texture with deep cacao flavors that satisfy any sweet craving. Perfect for meal prep, it seamlessly blends rich dark chocolate taste with high protein and low-carb keto-friendly goodness.

Can This No-Bake Chocolate Custard Dessert Support Weight Loss Goals?

Yes, this recipe supports weight loss goals by leveraging a nutrient-dense base rich in protein and healthy fats while keeping added sugars minimal. High-protein foods help promote satiety and curb mid-day cravings, making it easier to maintain a calorie deficit without feeling deprived. Furthermore, replacing traditional high-carb puddings with this low-carb alternative helps keep blood sugar levels steady throughout the afternoon.

Does No-Bake Chocolate Custard Dessert Fit a High Protein Lifestyle?

This high-protein chocolate custard fits seamlessly into an active, low-carb or protein-focused

lifestyle. Crafted with whey or casein protein powder, unsweetened cocoa, and rich unsweetened milk or cream, each serving delivers a substantial dose of protein with minimal net carbs. It acts as a perfect post-workout treat or sweet snack that keeps your daily macronutrient targets strictly on track without sacrificing indulgence.

My Personal Experience

- **Effortless Meal Prep:** Preparing this custard takes less than ten minutes with zero baking involved, making it my go-to Sunday night treat preparation.
- **Guilt-Free Sweet Cravings:** It completely quenches my evening chocolate cravings while helping me hit my daily protein targets effortlessly.
- **Customizable Thick Texture:** By adjusting the ratio of protein powder and milk, I easily achieved a thick, velvety pudding consistency every single time.

Perfect For:

- **Post-Workout Snacks:** Replenishes energy with muscle-building protein after an intense training session.
- **Low-Carb & Keto Diets:** Keeps net carbs extremely low while delivering satisfying fat and protein ratios.
- **Late-Night Craving Buster:** Offers a sweet, chocolatey indulgence that won't disrupt your daily calorie deficit.
- **Busy Weekday Meal Prep:** Easy to divide into jar portions for portable high-protein snacks on the go.

Why You'll Love This Recipe:

- **No Oven Required:** Quickly whips together using simple stove or microwave prep without heating up your kitchen.

- **Ultra-Creamy Consistency:** Delivers the luxury of classic chocolate pudding with a clean, light, nutrient-dense ingredient profile.
- **Nutritional Powerhouse:** Packed with quality protein to support muscle repair while keeping sugar and carbs to a minimum.

Common Mistakes to Avoid:

1. **Overheating the Milk:** Boiling the liquid too intensely can cause egg yolks or protein powder to curdle, ruining the smooth texture.
2. **Whisking Too Slowly:** Failing to whisk continuously while adding hot milk to the yolks will cook the eggs into sweet scrambled bits.
3. **Using Hot Liquid with Whey:** Adding hot liquid directly to whey protein without tempering can create a grainy, lumpy consistency.
4. **Skipping the Chilling Step:** Rushing the cooling process prevents the custard from fully setting into a velvety pudding structure.

Required Equipment:

- **Heavy-Bottomed Saucepan:** Ensures even heat distribution and prevents the chocolate mixture from burning at the bottom.
- **Wire Whisk:** Crucial for thoroughly combining ingredients and achieving an ultra-smooth, lump-free custard.
- **Ramekins or Glass Jars:** Ideal for portioning out individual servings and storing safely in the refrigerator.

Storage Instructions:

Store leftovers in airtight glass containers or covered ramekins in the refrigerator for up to 4

to 5 days. Ensure plastic wrap touches the surface directly if unsealed to prevent a skin from forming. Freezing is not recommended, as thawing will break the emulsion and make the high-protein custard watery.

Recipe Details

- Preparation Time: 10 minutes
- Cooking Time: 5 minutes
- Total Time: 15 minutes (plus 2 hours chilling)
- Servings: 4
- Best Season for This Recipe: All-Season
- Total Calories (Per Serving): ~180 kcal (*approximate estimate*)

This decadent, low-carb chocolate custard delivers maximum creamy flavor with minimal prep time. Made with simple wholesome ingredients, it offers a guilt-free indulgence loaded with quality protein. Simply heat, whisk, chill, and enjoy a healthy dessert anytime.

□ Ingredients:

- 2 cups (480 ml) Unsweetened Almond Milk or Whole Milk (*Note: Almond milk reduces carbs/calories; whole milk yields extra creaminess*)
- 2 large Egg Yolks (*Note: Provides natural richness and acts as a thickening binder*)
- 2 scoops (~60g) Chocolate Protein Powder (Whey/Casein Blend or Plant-Based)
- 3 tbsp Unsweetened Dutch-Processed Cocoa Powder
- 3 tbsp Granulated Erythritol or Monk Fruit Sweetener (*adjust to taste*)
- 1 tsp Pure Vanilla Extract

- 1/2 tsp Xanthan Gum or Cornstarch (*Note: Optional, for added thickness if using whey protein*)
- 1 pinch Salt

Directions:

1. Combine Dry Ingredients: In a medium bowl, whisk together the chocolate protein powder, unsweetened cocoa powder, erythritol sweetener, xanthan gum (or cornstarch), and salt until free of lumps.
2. Whisk Egg Yolks: In a separate heat-safe bowl, whisk the 2 egg yolks lightly until smooth and slightly pale.
3. Warm the Milk: Place the milk in a heavy-bottomed saucepan over medium-low heat for 3–4 minutes until warm and steaming (do not boil).
4. Temper the Eggs: Slowly pour 1/2 cup of the warm milk into the egg yolks while whisking vigorously to raise their temperature without cooking them.
5. Cook to Thicken: Pour the tempered egg mixture back into the saucepan with remaining milk, lower heat to low, and whisk in the dry cocoa/protein powder mixture continuously for 3–5 minutes until the custard coats the back of a spoon (*visual cue: smooth, thick liquid starting to steam*).
6. Flavor & Chill: Remove from heat, stir in the vanilla extract, and pour into 4 individual serving ramekins. Chill in the refrigerator for at least 2 hours until fully set.

Nutrition Facts (Per Serving – Approximate):

- Calories: 180 kcal
- Fats: 7 g
- Cholesterol: 105 mg

- Sodium: 160 mg
- Potassium: 220 mg
- Total Carbohydrates: 6 g
- Fiber: 2 g
- Net Carbs: 4 g
- Sugars: 1 g
- Protein: 20 g
- Calcium: 180 mg

Notes:

- Storage & Reheating: Serve cold directly from the fridge; do not reheat as heating breaks down the set protein structure.
- Allergy Notes: For a dairy-free option, use a plant-based chocolate protein powder and unsweetened nut milk.
- Flavor Boosts: Add 1/2 tsp of instant espresso powder or cinnamon while warming the milk to intensify the chocolate profile.