

Chocolate Pudding

Yield: 4 servings

Ingredients

1-1/2 tsp. (7 mL) vanilla
1/4 cup (50 mL) cornstarch
3 Tbsp. (45 mL) butter or margarine
3 cups (750 mL) 1% milk or fortified soy beverage (plain, vanilla, or chocolate)
1/3 cup (75 mL) unsweetened cocoa
1/4 tsp. (1 mL) salt
3/4 cup (175 mL) sugar

Preparation

Combine the cocoa, sugar, salt and cornstarch in a saucepan and mix well. Slowly add the milk or soy beverage, whisking constantly to prevent lumps.

Bring this mixture to a boil over medium heat while whisking constantly.

Lower the heat to a simmer, cover and simmer gently for 8 to 10 minutes, until pudding begins to thicken.

Remove from the heat and whisk in the butter or margarine and vanilla.

Pour into 1 large bowl or 8 small serving bowls and refrigerate for at least an hour, until thoroughly chilled.

PER SERVING (made with milk or plain soy beverage):

(approximate values)

Calories: 440

Calcium: 225 mg

Vitamin D: 95 IU