

Milk Chocolate Pudding

Dessert

Serves 4

Prep time: 15 minutes to cook

30 minutes to chill

Homemade chocolate pudding is simple and delicious. Go ahead and enjoy the comfort of warm chocolate pudding if you just can't wait for it to chill.

Ingredients

- 3 tablespoons cornstarch
- 2 tablespoons cocoa powder
- 2 tablespoons sugar
- 1/8 teaspoon salt
- 2 cups 1% lowfat milk
- 1/3 cup chocolate chips
- 1/2 teaspoon vanilla

Preparation

In a medium saucepan, mix cornstarch, cocoa powder, sugar and salt until well combined. Whisk in milk. Heat over medium, stirring frequently, until thickened and just beginning to bubble. Remove from heat; stir in chocolate chips and vanilla until chocolate chips are melted and pudding is smooth.

Pour into 4 serving dishes or one large dish and chill until set. To prevent a skin from forming on top place plastic wrap on the surface of the pudding.

Nutrition Information

Per serving: 202 calories, 8 g total fat, 4 g saturated fat, 138 mg sodium, 31 g carbohydrates, 2 g fiber, 6 g protein, 150 mg calcium

Provided by: Nutrition Education Services/Oregon Dairy Council www.oregondairycouncil.org



Cook Together. Eat Together. Talk Together. Make Mealtime a Shared Time.