

# Chocolate Pudding

Preparation time **5 minutes**

Cooking time **15-20 minutes**

Servings **6**

Cost per serving **47¢**

Storage **4 days in the fridge**

Kitchen tools **Measuring cups and spoons, medium-size pot, whisk (or fork), small bowl, ladle, 6 small containers, plastic wrap**



## Ingredients



80 ml (1/3 cup)  
**unsweetened cocoa**



80 ml (1/3 cup)  
**all-purpose flour**



160 ml (2/3 cup)  
**sugar**



Pinch of  
**salt**



625 ml (2 1/2 cups)  
**milk**



2 **eggs**

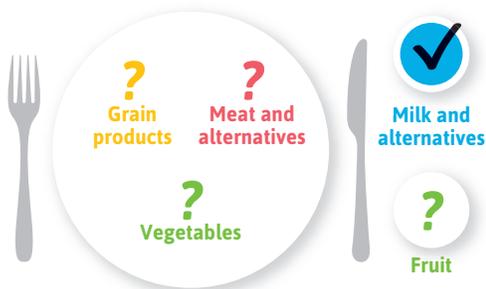


5 ml (1 tsp)  
**vanilla**



30 ml (2 tbsp) **butter** or  
non-hydrogenated margarine

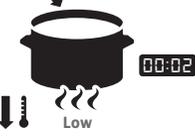
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### Balanced plate

A great dip with fresh fruit!

# Directions

1	<p>In a medium-size pot, add the <b>cocoa, flour, sugar</b> and <b>salt</b>. Whisk together or mix with a fork.</p>	
2	<p>Add <b>60 ml (¼ cup)</b> of <b>milk</b> and mix. Stir in another <b>60 ml (¼ cup)</b> of <b>milk</b> and mix until smooth. Then stir in the <b>remaining milk</b>.</p>	
3	<p>Heat over medium heat for about 5 minutes, stirring constantly with a whisk or a fork. <b>Tip:</b> Don't turn the heat up too high or the chocolate mixture will stick to the bottom of the pot.</p>	
4	<p>In a small bowl, mix the <b>egg</b> and <b>vanilla</b>. Add a ladleful of the <b>warm chocolate mixture</b>, stirring constantly.</p>	
5	<p>Add the <b>egg mixture</b> to the pot and continue cooking over medium heat until the mixture starts to bubble. This is when the pudding should thicken.</p>	
6	<p>Reduce heat to low, add the <b>butter</b> and heat for 2 minutes.</p>	
7	<p>Pour the pudding into 6 small containers. Press a sheet of plastic wrap directly onto the surface of the pudding in each container. <b>Tip:</b> You can also use airtight containers. Covering the pudding prevents skin from forming.</p>	
8	<p>Chill at least 4 hours in the fridge before serving.</p>	

My rating: ★ ★ ★

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This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition