

Jenny's Chocolate Pudding

You only have to look at the long list of ingredients on a box of pudding mix to know why I make my own. It just takes a few ingredients (and about 5 minutes) and it tastes a lot richer than you think. No junk, no chemicals, and it contains calcium for strong bones. Try this once and you'll never go back to the box.

1/2 cup sugar
3 Tablespoons cornstarch
2 Tablespoons unsweetened cocoa powder
2 cups of 1% milk
1 egg yolk
1 teaspoon vanilla extract

1. In a medium saucepan, combine the sugar, cornstarch and cocoa powder.
2. In a measuring cup, combine the milk & egg yolk.
3. Slowly whisk the milk mixture into the dry mixture and combine well until there are no lumps.
4. Cook over medium heat, stirring constantly, until it comes to a gentle boil. If desired, add a 1-inch piece of dark chocolate.
5. Once it boils it will thicken in less than a minute so keep stirring until it's thick.
6. Remove from heat and add vanilla.
7. Pour into serving cups and serve warm or refrigerate.

*makes 4 servings