

This pudding is quick and nutritious. It can be made in the microwave or on the stovetop.

Homemade Milk Chocolate Pudding



Photo credit: Jani H. Leuschel

Ingredients:

- ¼ cup sugar
- 3 Tablespoons cornstarch
- 2 Tablespoons cocoa powder

- ½ teaspoon salt
- 2 cups low-fat milk
- 2 Tablespoons honey
- 1 Tablespoon butter
- 1 teaspoon vanilla or almond extract (or ½ teaspoon of each)
- Whipped topping (aerosol can or frozen) **Instructions:**

1. Wash hands for 20 seconds.
2. Combine sugar with cornstarch, cocoa powder, and salt in a large microwave-safe bowl. Stir or whisk to combine the dry ingredients.
3. Add ½ cup of milk to the dry ingredients, blending until the mixture is smooth. Then, add remaining 1½ cups of milk, stirring to evenly combine.
4. Cover with plastic wrap. Pierce the plastic wrap in at least four places to allow the steam to escape.
5. Cook on high in the microwave for 3 minutes. Remove; lift the cover and whisk hard to smooth the chocolate mixture. Cook for another minute and whisk again.
6. Add honey, butter, and vanilla or almond extract and beat to combine all ingredients. The pudding may be a little loose. It will thicken more as it cools.
7. Pour into four individual serving dishes and refrigerate. Serve with a little whipped topping.

Note: Pudding can also be served warm, if desired.

Stove-top instructions:

1. Wash hands for 20 seconds.
2. Off the heat, combine sugar, cornstarch, cocoa powder and salt in a small, deep saucepan.
3. Stir milk in saucepan and beat or whisk all ingredients until smooth.
4. Put the sauce pan on a burner and heat on medium-low to simmer. Cook until thick.
5. Remove from stovetop, and stir in honey, butter, and vanilla or almond extract.
6. Pour into four individual serving dishes and refrigerate or serve warm.

✓ *Serves 4*

✓ *190 calories per serving*

Recipes created or adapted by Jani H. Leuschel, MS, NDTR (Nutrition and Dietetic Technician, Certified) who blogs at [Food Hall by Jani](#), a website featuring recipes with nutrition bonuses.



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