



Chocolate Pudding Just for Me

Makes 1 serving

You need:

- ½ cup milk
- 2 tbsp semi-sweet chocolate chips
- 2 tsp cornstarch
- 1 tbsp sugar

Equipment:

- Measuring cup – liquid
- 12 oz. microwave-safe mug or 2-cup glass measuring cup
- Measuring spoons
- Wooden spoon
- Small bowl

1. Place the milk and chocolate chips in a 12 oz microwave safe mug or a 2-cup measuring cup.
2. Microwave on 100 percent power for 60-90 seconds or until hot, but not boiling. Stir to melt the chocolate chips.
3. While the milk and chocolate chips are heating, mix the cornstarch and sugar in a separate small bowl. Blend unto the hot mixture.
4. Microwave on 100 percent power for 30-45 seconds, or until the mixture thickens and just begins to boil. Stir every 30 seconds.
5. Cool and chill (if you can wait that long)!

*Another way to do it: Pour the warm pudding into a 5 oz. paper cup. Put in a wooden stick into the center of the cup. Freeze until firm. To serve, peel off the paper cup. Now you have frosty pudding.

Nutrients:

- Total calories: 261
- Total fat: 17g
- Saturated fat: 10g
- Sodium: 23mg
- Carbohydrate: 42g
- Calcium: 58mg