

Vegan Chocolate Pudding

Ingredients:

- 3 ¼ tbsp. cocoa powder
- 7 ½ tbsp. Splenda
- ⅛ tsp. salt
- 7 tsp. cornstarch
- 1 ¾ cup soy milk
- 1 tsp. vanilla extract
- 2 tbsp. margarine



Nutrition Facts

Serving Size 1/2 cup (108g)
Servings Per Container 5

Amount Per Serving

Calories 120 **Calories from Fat** 60

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 150mg **6%**

Total Carbohydrate 12g **4%**

Dietary Fiber 1g **4%**

Sugars 3g

Protein 3g

Vitamin A 8% • Vitamin C 0%

Calcium 10% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions:

1. Combine the cocoa, sugar, salt and cornstarch in a saucepan and mix well.
2. Slowly add the soy milk, whisking constantly to prevent lumps (this step is critical to getting a smooth pudding).
3. Bring this mixture to a boil over medium heat while whisking constantly.
4. Lower heat to a simmer and cook gently for 3-5 minutes, stirring constantly, until pudding begins to thicken.
5. Remove from heat and whisk in the margarine and vanilla.
6. Refrigerate for at least an hour, until thoroughly chilled.