

Decadent Chocolate Pudding – Vegan

Prep Time: 5 minutes
Cook Time: 10 minutes
Total Time: 15 minutes

Serving Size: 4
Calories per serving: 258
Fat per serving: 0

'The Starch Solution', John A. McDougall, MD & Mary McDougall. p-318.

Ingredients

- 3/4 cup granulated sugar
- 1/2 cup cocoa powder
- 3 tablespoons cornstarch
- 3 cups soy milk
- 1 1/2 teaspoons pure vanilla extract
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Instructions

1. In a medium saucepan, whisk together the sugar, cocoa, cornstarch, and soy milk until very smooth.
2. Bring to a boil over medium-low heat, then simmer, stirring gently but constantly, until the pudding thickens.
3. Remove from the heat and stir in the vanilla.
4. Pour the pudding into a serving bowl, or into 4 to 6 individual dessert bowls.
5. Cover with plastic wrap and refrigerate until very cold, at least 2 hours or up to 1 day. Serve cold.

Notes

Nutrition facts (per serving): Calories: 258, from fat: 0, total fat: 0g, cholesterol: 0mg, sodium: 64mg, total carbohydrate: 61g, fiber: 4g, sugar: 44g, protein: 4g.