

Chocolate Pudding with Toppers

Makes 6 Servings

1/2 cup granulated sugar

1/3 cup unsweetened cocoa powder, sifted

3 tablespoons cornstarch

1/8 teaspoon salt

2 ½ cups 1% low-fat milk

1/2 cup low-fat vanilla yogurt

1 teaspoon vanilla extract

Optional Toppings: Crushed Graham crackers, chopped nuts, granola, blueberries, raspberries, sliced bananas, sliced strawberries, light whipped cream

1. Whisk together the sugar, cocoa, cornstarch, and salt in a medium saucepan. Gradually whisk in the milk until well blended.
2. Place over medium-high heat and bring to a simmer, stirring constantly. Reduce the heat and continue to simmer, stirring gently, until the mixture thickens slightly, about 2 minutes.
3. Remove from the heat and stir in the yogurt and vanilla. Spoon the mixture into 6 individual serving bowls. Cover with plastic wrap or wax paper (this will prevent a film from forming) and chill for at least 1 hour. Sprinkle with toppings as desired and serve.

Nutrition Information per Serving (1/2 cup): 160 calories, 1.5g fat (1g saturated), 115g sodium, 31g carbohydrate, 1g fiber, 6g protein, 15% calcium