

## Holiday Recipe #5: Chocolate Espresso Pudding



"The proof is in the pudding." I made it, the guests ate it, there's now proof that this Chocolate Espresso Pudding recipe is a keeper. What I love about this recipe is that it's healthy! I know this sounds impossible, but you better believe it! Compared to other pudding recipes I found that include egg yolks and whole milk, this recipe calls for soy milk (I even used light Soy Milk to keep it leaner), which is high in protein and heart healthiness. Another plus about this recipe? It only takes 7 ingredients to make this decadent treat. This recipe can be used year-round-- simply adjust the toppings to the season or the reason. And, another quick tip: make a stop at Pier 1 Imports for the mini serving dishes, complete with tiny spoons (Thanks, Mom!).

And, it's still not too late to make this for New Years dessert-- just nix the candy canes (or use them if you have some left over--it's still the festive season!) Here's how:

### **Chocolate Espresso Pudding** (recipe modified from Myrecipes.com)

\*You may need to make 2 batches to fill several serving dishes

#### **Ingredients**

- 1/2 cup packed brown sugar
- 1/4 cup cornstarch
- 3 tablespoons unsweetened cocoa
- 1 tablespoon instant espresso powder coffee granules (can be found in the coffee/tea aisle at the grocery store)
- 1/8 teaspoon salt
- 2 cups fat-free soy milk (I used light vanilla soy milk)
- 2 ounces bittersweet chocolate, chopped
- 1 teaspoon vanilla extract

#### **Preparation**

- Combine first 5 ingredients in a medium, heavy saucepan, and stir well with a whisk. (this step is important so the pudding ends up smooth)
- Gradually stir in milk (and stir well to get a smooth consistency), and bring to a boil over medium heat. Reduce heat, and simmer 1 minute or until thick.

- Remove from heat, and add chocolate, stirring until melted.
- Stir in vanilla.
- Pour about 1/2 cup pudding into each of 4 dessert dishes or fill mini serving dishes until you've used all of the mixture; crumble with graham cracker crumbs if desired; cover surface of pudding with plastic wrap.
- Chill at least 4 hours.
- Remove plastic wrap to serve. Top with whipped cream and/or chocolate shavings or crushed candy canes if desired.

More pics ahead...



Guests Stephanie, Alex, and Allyson were happy (or wired from the espresso)!



Happy Holidays!