

NUTRITION: 310 calories, 19 g fat (10 g saturated), 29 g sugar

Chocolate Pudding

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SERVES 4

YOU'LL NEED

- 1/4 cup sugar
- 2 Tbsp corn starch
- 2 cups low-fat milk
- 1 Tbsp unsalted butter
- 4 oz bittersweet or semisweet chocolate, chopped (or 2/3 cup bittersweet chocolate chips)
- 1 teaspoon vanilla extract
- Pinch of table salt
- Olive oil and coarse sea salt (like fleur de sel finishing salt)

HOW TO MAKE IT

1. Combine the sugar and cornstarch in a medium saucepan over low heat.
2. Slowly add the milk, whisking to blend.
3. Bring to a bare simmer, then stir in the butter, chocolate, vanilla, and a pinch of table salt.
4. Remove from the heat and continue stirring until the chocolate has melted uniformly.
5. Pour into 4 small glasses or ramekins and place in the fridge for at least 2 hours.
6. Before serving, drizzle the puddings with a bit of olive oil and top each with a pinch of sea salt.

Eat This Tip

Here are three other ways to turn this very good chocolate pudding into something exceptional:

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