



Fit & Flavorful  
Warm Chocolate Pudding  
*Recipe from Executive Chef Tim Cockram*



Calories: 157    Protein: 5.0g    Carbohydrates: 35.1g    Total Fat: 1.8g  
Saturated Fat: 0.8g    Trans Fat: 0.0g  
Cholesterol: 1.8mg    Sodium: 90.8mg    Fiber: 3.2g

**Yield: Approx. 6 servings (1/2 cup per serving)**

MC Healthy Weight Pyramid serving: 1/2 protein/dairy and 1 sweet

**Ingredients**

1 tablespoon ground flaxseeds  
3 tablespoons water (Espresso)  
2 1/4 cups skim milk, divided  
2/3 cup sugar, divided  
1/8 teaspoon salt  
2/3 cup unsweetened cocoa  
1 teaspoon vanilla extract  
2 tablespoons cornstarch

**Creative Additions**

1/2 tsp. lime zest  
2 teaspoon Cinnamon

**Preparation**

Lightly beat flaxseeds with warm Espresso with a fork in a medium bowl.  
Combine 1 1/2 cups milk, 1/3 cup sugar and salt in a medium saucepan; bring to a simmer over medium heat, stirring occasionally.

Meanwhile, whisk the remaining 1/3 cup sugar, cocoa and cornstarch in a medium bowl. Whisk in the remaining 3/4 cup milk until blended. Whisk the simmering milk mixture into the cocoa mixture. Pour the mixture back into the pan and bring to a simmer over medium heat, whisking constantly, until thickened and glossy, about 3 minutes. Remove from heat. Whisk about 1 cup of the hot cocoa mixture into the beaten flax. Return the flax mixture to the pan and cook over medium low heat, whisking constantly, until steaming and thickened, about 2 minutes. **(Do not boil)** Whisk in vanilla. Add lime zest and/or cinnamon if desired. Serve warm – enjoy!

**Technique:** By using flax instead of egg, we are using good fats!

**Taste:** The lime zest and cinnamon add a unique twist to the dish.

**Try:** You could use soy milk and create a vegan dessert.

**Tip:** Cocoa contains antioxidant compounds that may help prevent heart disease.