



## Chocolate Pudding

Serves 4

¼ cup cornstarch  
2 to 3 tbsp sugar  
3 tbsp unsweetened cocoa  
1 ounce dark chocolate, cut into small pieces  
2 ½ cups fat-free milk

- Place all the ingredients except for the milk in a medium saucepan.
- Over medium heat, gradually add the milk, stirring constantly. Continue to stir until the mixture comes to a boil.
- Boil for one minute, continuing to stir constantly.
- Remove from heat and transfer to small dessert cups.
- Chill and serve

### Nutritional Information:

Calories: 152  
Total Fat: 3g  
Saturated fat: 2g  
Cholesterol: 3mg  
Fiber: 2g  
Protein: 6g  
Sodium: 67mg

Recipe adapted from The Best Life Diet Revised and Updated by Bob Greene,  
Available at [www.oprah.com](http://www.oprah.com)