



beauty foods™


## Chocolate Pudding

A creamy, delicious blend you'll probably want to make a double batch of.

Product Used In This Recipe:  
[Chocolate Bliss Beauty Blend](#)



2 hrs 

2 servings 

113 cal 

### Ingredients:

- 1 egg white
- 3 Tbsp unsweetened cocoa powder
- 1 packet Chocolate Dream
- 1 packet Vanilla Dream
- 1 tablespoon cornstarch
- 1 1/8 cups nonfat milk
- 1/2 Tbsp stevia
- Pinch of salt

### Directions:

Lightly beat the egg white in a small bowl. In a large bowl, mix together cocoa, chocolate bliss, vanilla dream, and cornstarch. Add 3/4 cups of the milk and whisk mixture until it's smooth. In a large saucepan, mix together the rest of the milk, the stevia and the salt. Bring to a boil over high heat, whisking continuously. Remove from heat. Whisk the cocoa mixture into the milk mixture. Bring to a boil over medium-high heat. Boil for 2 minutes while whisking continuously. Remove from heat. Slowly whisk 1 cup of the hot cocoa mixture into the egg whites. Pour this mixture back into the pan and cook

over medium-high heat, whisking continuously and being careful not to allow the mixture to boil. Remove from heat. Mix well. Pour into 2 serving dishes. Cool to room temperature. Refrigerate for 1 hour. Garnish with berries, mint leaves or cocoa.

**Nutrition Facts:**

Calories 113, calories from fat 15, cholesterol 3mg, sodium 166mg, sugar 13g, protein 8.6g