

Oat milk pudding

Homemade chocolate pudding is always an easy treat to make, especially using the sweet milk alternative: oat milk! Oat milk is a great alternative for baking or adding to coffees, and is high in fibre as it is made from whole grain oats. Not a fan of oat milk? Use your family's favourite milk beverage for this recipe.

Ingredients

- 1/3 cocoa powder
- 2 tbsp cornstarch
- 1/3 cup Granulated sugar
- 2 1/2 cups oat milk
- 1/2 cup semisweet chocolate chips
- 1 tsp Vanilla extract
- Pinch of salt

Directions

1. In a medium saucepan, whisk together cocoa powder, cornstarch, sugar, and salt. Slowly stir in oat milk, stir until well combined and smooth.
2. Bring to a simmer over medium heat stirring often.
3. Once pudding thickens and begins to bubble, reduce heat to low. Continue to cook, stirring often for roughly 2 minutes. If pudding is coating the bottom of the pan too quickly, reduce the heat.
4. Remove from heat and add chocolate chips and vanilla, stirring well until full melted and there are no lumps.
5. Spoon pudding to a container and cover with plastic wrap (to prevent a film or "skin" from forming on top. Chill in refrigerator for 2 hours until thick.

#TrainWithGrainsTip:

Make sure you keep pudding covered and in the fridge! The cover helps prevent a film from forming over the top of the pudding. Store in fridge for up to one week to keep the thick consistency.



Yield: 6 - 8 servings
Prep time: 5 minutes
Cook time: 10 minutes



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