

Super Pudding

Yield: 4 Servings



Ingredients:

- Evaporated milk 1 can (354 mL)
- Vegetable oil 2 Tbsp (30 mL)
- Whole or skim milk powder 2 Tbsp (30 mL)
- Chocolate flavoured instant pudding mix 1 package (4 servings size)

Optional Toppings

- Berries 1 cup (250 mL)
- Nuts or seeds ¼ cup (60 mL)

Instructions:

1. In a medium bowl combine evaporated milk, vegetable oil, whole or skim milk powder, and instant pudding mix.
2. Whisk with a hand mixer with the whisk attachments for 2 minutes until all of the powder has dissolved. Scrape down the sides of bowl as needed.
3. Cover the bowl with plastic wrap, and store in the fridge to set.
4. Serve in dessert bowls and top with toppings of choice.

Equipment List:

- Medium bowl
- Set of measuring cups
- Set of measuring spoons
- Can opener
- Whisk or hand mixer
- Spatula
- Spoon
- Small bowls or cups for serving (x4)



Nutrition Facts

Per ½ cup

Calories 370	% Daily Value*
Fat 20 g	26 %
Saturated 6 g	30 %
+Trans 0 g	
Carbohydrate 38 g	
Fibre 1 g	4 %
Sugars 30 g	60 %
Protein 9 g	
Cholesterol 30 mg	
Sodium 540 mg	23%
Potassium 383 mg	8 %
Calcium 292 mg	20 %
Iron 1 mg	6 %

*5% or less is **a little**, 15% or more is **a lot**

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