



## CHOCOLATE PUDDING

*Recipe developed by Chef Paige Vondran*

|              | Ingredients  | Exchanges         |
|--------------|--|-------------------|
|              | 15 gm heavy cream  |                   |
| Protein      | 66 gm Ripple® pea protein milk, unsweetened  | 1.1               |
|              | 1.6 gm Knox® gelatin powder  | 0.5 (+0.5 gm fat) |
| Fat          | 6.5 gm canola oil  | 1.5 (+0.5 gm)     |
| Carbohydrate | 1.7 gm unsweetened cocoa powder  | 1.4               |
| Other        | 1 Tbsp. Walden Farms® chocolate syrup<br>½ tsp sf Da Vinci® chocolate syrup<br>2 gm erythritol |                   |

### DIRECTIONS

- In a small pot or pan, combine the heavy cream and milk.
- Bring to a simmer on the stove.
- Add the unsweetened cocoa powder, chocolate syrups, and erythritol to the mixture.
- Whisk together to combine all of the ingredients.
- Add the canola oil to the mixture and continue to whisk together.
- Add the gelatin mixture to the mixture spreading all over the top (do not pour in one spot to avoid clumping).
- Stir all together until the mixture begins to thicken slightly.
- Transfer the mixture to a serving dish.
- As it cools, the pudding will become thicker and more gelatinous.

### VARIATIONS

- This recipe can be stored in the refrigerator for 3-5 days. However, it may become a firmer gelatin texture (but will still taste like pudding).
- For a vanilla alternative, substitute sugar free vanilla pudding powder for the unsweetened cocoa powder.
- Other types of oil can be used such as macadamia nut oil or avocado oil.
- Other milks can be used such as unsweetened soy milk.