

Rocky Road Brownie Pudding Cups

NUMBER OF SERVINGS: 6-8

Ingredients

- Milk 2 ½ cups (625 mL)
- Sugar ⅓ cup (75 mL)
- Cocoa powder ⅓ cup (75 mL)
- Cornstarch 3 Tbsp (45 mL)
- Eggs 2
- Chocolate chips, semisweet 1 ¼ cups (310 mL)
- Pecans or walnuts, toasted ½ cup (125 mL)
- Miniature marshmallows (optional) ½ cup (125 mL)

Directions

1. In a saucepan, heat 2 cups (500 mL) of the milk with the sugar over medium heat until steaming.
2. Meanwhile, in a large bowl, whisk cocoa powder with cornstarch; whisk in remaining milk (1/2 cup / 125 mL) and the eggs until smooth.
3. In thin steady stream, gradually whisk about half of the hot milk mixture into cocoa mixture.
4. Gradually whisk back into saucepan and cook over medium-low heat, whisking gently, for about 5 min or until just thickened to pudding consistency. Remove from heat.
5. Stir in 1 cup (250 mL) of the chocolate chips until melted. Pour into six or eight dessert cups or bowls or one large bowl. Sprinkle with nuts, marshmallows (if using) and remaining chocolate chips.
6. Serve warm or refrigerate until chilled and set, about 1 hour. Cover and refrigerate for up to 2 days.

NUTRITION PER SERVING

Calories 278 | Protein 6g | Fat 16g | Carbohydrates 34g | Fibre 3g | Sodium 57mg



The average Ontario dairy farm has 60 cows, with a total of approximately 322,000 dairy cows in Ontario.



Semisweet chocolate chips are important in this recipe for the pudding to thicken properly. For a change of taste, try adding 1 Tbsp (15 mL) of instant coffee and 1 Tbsp (15 mL) brandy or rum with the chocolate chips.



Bonnie is a dairy farmer from Loretto, ON. “We have an on-farm dairy where we process the milk from our 55 cow herd into products such as milk, yogurt, labneh (Cream Cheese) and Kefir. This is an evolving industry and an exciting future lies ahead with great opportunity for innovation.”

Desserts



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