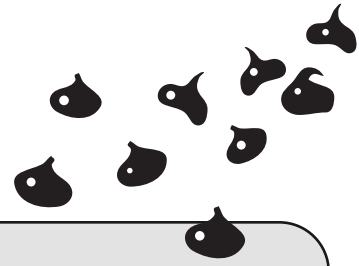


TRY THIS AT HOME:
Pudding Paradise



You will need:

1/2 cup sugar
1/4 cup cornstarch
4 cups skim milk

PREP TIME: 25 minutes

6 ounces semisweet chocolate chips
2 teaspoons vanilla
Help from an adult

Make your own thick pudding!

1. Measure and pour the sugar and cornstarch into a large pot.
2. Gradually stir in the milk.
3. Cook over low to medium-low heat. Stir continuously until the sugar dissolves and the mixture begins to boil and thicken.
4. Add the chocolate chips.
5. Continue heating until the chocolate melts and the mixture is thick (about 5 more minutes).
6. Remove from heat and let cool.
7. Stir in the vanilla.
8. Enjoy!

SERVING SIZE: 1/2 cup

Fun Fact

You can make low-fat pudding by using skim milk. You'll get the same delicious taste with fewer calories and less fat. Pudding is a tasty way to add milk to your day. One half cup of pudding counts as 1/2 cup from the milk group.