

# BEYOND HUNGER

## Homemade Vanilla Pudding

---

*Forget boxed puddings and try this homemade version instead! Made with wholesome ingredients and lighter on added sugars and saturated fat, this pudding is creamy and just sweet enough. Perfect as a base for banana pudding or topped with berries, this can also be turned into chocolate pudding. The recipes are endless!*

**Yields:** 6

**Serving Size:** ¾ cup

### Ingredients:

- 3 cups 2% milk
- 1/3 cup sugar
- 2 large egg yolks
- ¼ cup cornstarch
- 1 tsp. vanilla extract
- 1/8 tsp. salt (optional)

### Instructions:

1. In a medium saucepan whisk together sugar, cornstarch, salt (if using), milk, and egg yolks.
2. Cook over medium heat, whisking frequently. Cook until bubbly and the mixture begins to thicken, about 6-8 minutes. Remove from heat.
3. Add vanilla extract and mix well.
4. Transfer the pudding to a serving bowl or individual cups. Chill to the desired temperature.

**Chef's notes:** Use this versatile pudding as a base for other desserts. Layer with sliced bananas for banana pudding. For a chocolate version, add 1-2 Tbsp unsweetened cocoa powder in step 1.

**Per Serving:** Calories 142kcal, Carbohydrates 21g, Protein 5g, Saturated Fat 2g, Sodium 61mg, Fiber 0g, Sugars 16g