

Chocolate Pudding Pops

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Servings: 6

Preparation Time: 15 minutes

Start to Finish Time: 4 hours 15 minutes

Freezing Time: 4 hours

2 1/2 cups 2% reduced-fat milk

1/2 cup sugar

1/2 cup unsweetened cocoa

1 tablespoon cornstarch

dash salt

1 large egg yolk

1 teaspoon vanilla extract

2 ounces bittersweet chocolate, finely chopped

6 popsicle molds or disposable plastic cups (3 oz ea)

6 popsicle sticks

In a medium saucepan over medium-high heat, combine the milk, sugar, cocoa, cornstarch, salt and egg yolk, stirring well with a whisk.

Cook for 8 minutes or until thick and bubbly, stirring constantly.

Remove the pan from the heat.

Add the vanilla extract and chocolate, stirring until smooth.

Transfer the mixture to a bowl. Place the bowl in an ice-filled bowl. Cover the surface of the pudding directly with plastic wrap. Cool completely.

Spoon the chocolate mixture evenly into the popsicle molds or plastic cups..

Top the molds with holders or insert popsicle sticks into the cups.

Freeze 4 hours or until thoroughly frozen.

Per Serving (excluding unknown items): 159 Calories; 7g Fat (35.4% calories from fat); 3g Protein; 25g Carbohydrate; 4g Dietary Fiber; 35mg Cholesterol; 6mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1 Fat; 1 1/2 Other Carbohydrates.