

## **Chocolate Pudding**-Measurements below for serving sizes 3, 12, 24 and 30

### **Chocolate Pudding** (Serves 3)

1 1/2 Cups soy milk  
3 Tablespoons cornstarch  
1/4 teaspoon vanilla  
1/4 Cup maple syrup  
1/4 Cup cocoa powder  
2 bananas, sliced (optional)

Whisk all the ingredients (except the bananas) together in a pot.  
Cook over medium heat, stirring constantly until pudding thickens.  
Remove pot from stove. Stir in sliced bananas if desired. Chill for at least 15 minutes before serving.

Total calories per serving: 198 Total fat as % of daily value: 6%  
Protein: 7 gm Carbohydrates: 36 gm  
Fat: 4 gm Calcium: 92 mg

### **Measurements for 12 servings:**

soy milk: 6 cups ( 1.5 quarts )  
corn starch: 3/4 cups  
vanilla extract: 1 teaspoons  
maple syrup: 1 cups  
cocoa powder: 1 cups

### **Measurements for 24 servings:**

soy milk: 12 cups (3 quarts)  
corn starch: 1 1/2 cups  
vanilla extract: 2 teaspoons  
maple syrup: 2 cups  
cocoa powder: 2 cups

### **Measurements for 30 servings:**

soy milk: 15 cups ( 1 gallon minus 1 cup )  
corn starch: 1 3/4 cups plus 2 tbsp  
vanilla extract: 2 1/2 teaspoons  
maple syrup: 2 1/2 cups  
cocoa powder: 2 1/2 cups

Source: <http://www.vrg.org/blog/2014/10/08/preparing-and-serving-vegan-dishes-at-church-cafe/> Noting that the original recipe is from the book *Simply Vegan*  
<http://www.vrg.org/catalog/simplyvegan.htm>