



THE J.M. SMUCKER Co

Chocolate Mousse Pudding

Prep Time Cook Time Serves Difficulty

10 mins 12 mins 6 N/A

Ingredients

- 1 can (354 mL) **Carnation®** Regular, 2% or Fat Free Evaporated Milk
Evaporated Milk
- 3/4 cup (175 mL) granulated sugar
- 1/4 cup (50 mL) cocoa
- 1 tbsp (15 mL) cornstarch
- 2 eggs
- 2/3 cup (150 mL) chopped semi-sweet chocolate
- 1 tsp (5 mL) pure vanilla extract
- 1 cup (250 mL) whipping cream

Directions

Step 1:

Bring milk to a boil in a saucepan. Turn off heat.

Step 2:

Combine sugar, cocoa and cornstarch in a small bowl. Beat eggs in a separate bowl. Whisk in sugar mixture and then warm milk. Return mixture to saucepan.

Step 3:

Cook on medium heat until mixture comes to a boil and thickens, about 5 minutes. Remove from heat and stir in chopped chocolate and stir until melted. Stir in vanilla.

Step 4:

Strain mixture for a smoother mixture if desired. Chill for 2 hours to ensure whipped cream will not melt when folded in.

Step 5:

Whip cream until thick and mixture holds its shape. Fold into chilled chocolate mixture.

Serve in individual glasses. Layer with additional whipped cream or place a dollop on top of each serving and sprinkle with chocolate shavings if desired.

Layer with fresh raspberries or sliced strawberries.

This dessert can be made a day ahead. Cover well and refrigerate until ready to eat.

To make a lower fat dessert, make sure you use **Carnation®** Fat Free Evaporated Milk and omit the whipping cream. It will be a denser dessert.

Images

