

Original recipe – From the book [Simply Vegan](#)  
<http://www.vrg.org/catalog/simplyvegan.htm>

### **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.

Variation: Replace chocolate powder with non-dairy carob powder.

Total calories per serving: 198 Total fat as % of daily value: 6%

Protein: 7 gm Carbohydrates: 36 gm

Fat: 4 gm Calcium: 92 mg

Iron: 1 mg Sodium: 155 mg Dietary fiber: negligible

**Store Brands I used:**



**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

**Mexican Variation:** Add 2 tsp of cinnamon and 1/2 tsp of Chili powder for each multiple of 12 servings being prepared

**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