

Akta-Vite Chocolate Pudding (a custard pudding, not a cakey pudding!)

Serves 4 approx

1 cup Akta-Vite
2 tbs cornflour
400ml milk

In a bowl, mix Akta-Vite and cornflour together. Slowly add 150ml milk and keep stirring or whisking until Akta-Vite is dissolved and mixture is smooth.

In a small saucepan, heat remaining 250ml milk until scalded, not boiling. Pour hot milk over Akta-Vite mixture while whisking continuously.

Rinse out saucepan with cold water and pour chocolate mix back in.

Return to a medium heat and stir constantly until very thick.

Pour into a serving dish or small plastic containers with lids. Cover surface with plastic wrap to prevent a skin from forming.

Refrigerate until cold. Serve with fruit or just spoon it from the bowl!

This is a great substitute for chocolate pudding or yoghurt tubs from the supermarket.

Notes/alterations:

- replace milk for soy or other non-dairy alternative
- add 1 or 2 tbs sugar to the Akta-Vite & cornflour mix for a sweeter pudding