

How to make a richer, healthier chocolate dessert

August 27 2019, by Len Canter



Creamy chocolate pudding is major comfort food, but most store-bought

and even homemade versions have loads of sugar and little nutrition. Yet it is possible to make a super chocolatey pudding that's also good for you.

The key ingredients are rich avocado, high in [healthy fats](#) and vitamins K, E and B plus loads of fiber; and banana for creaminess and sweetness in place of white sugar. Topping the finished pudding with sliced berries adds an additional antioxidant boost. Oh, yes, then there's the chocolate.

This recipe uses two kinds of chocolate for depth of flavor—bittersweet morsels and unsweetened cocoa powder. Both are high in cacao content, which means you'll get more fiber and iron.

Rich Chocolate Pudding

- 1 cup skim milk
- 2 tablespoons unsweetened cocoa powder
- 2 tablespoons cornstarch
- 1/2 cup bittersweet chocolate morsels
- 1 avocado, diced
- 1 banana
- 1 cup berries of your choice

Place milk, cocoa and cornstarch in a small saucepan and whisk well to blend. Add the chocolate morsels and place the saucepan over low-to-medium heat. Cook for about three minutes, whisking well, until chocolate is melted. Remove from heat and cool slightly before proceeding.

Place [chocolate](#) mixture, the avocado and the banana in a food processor. Blend until smooth and creamy, scraping the bowl as needed. Spoon into serving cups or glasses, then cover with plastic wrap and

refrigerate for at least three hours. Just before serving, slice the berries and divide equally among the cups.

Yield: 4 servings

More information: The Fine Chocolate Industry Association has a glossary that explains everything chocolate, from the [different types](#) to the meaning of cacao content.

Copyright © 2019 [HealthDay](#). All rights reserved.

Citation: How to make a richer, healthier chocolate dessert (2019, August 27) retrieved 19 September 2024 from <https://medicalxpress.com/news/2019-08-richer-healthier-chocolate-dessert.html>

This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.