

# The chocolate pudding



## Ingredients

- 1/2 cup (125 mL) pitted dates
- 1/2 cup (125 mL) boiling hot water
- 2 cups (500 mL) milk
- 1/4 cup (60 mL) cocoa powder
- 3 tin (45 mL) cornstarch
- 1/8 tsp (0.5 mL) peppermint extract
- 1/8 tsp (0.5 mL) vanilla extract
- 8 fresh mint leafs

Prep: 15min | Cook: 5min | Serves: 4

## Preparation

In a small bowl, stir together dates and boiling water. Let sit for 10 minutes.

Pour into a food processor and blend until smooth.

In a large pot over medium-high heat, whisk together date paste, milk, cocoa powder, cornstarch, peppermint extract, and vanilla extract.

Whisk continuously until pudding is lightly simmering and thickened, around 5 minutes.

Remove from heat once desired thickness has been reached. Enjoy hot or place in the refrigerator to enjoy cold later.

Garnish with mint leaves.

### Tips:

If you like a bit more of a mint flavour in your desserts, add ¼ tsp peppermint extract instead of 1/8 tsp.

**Enjoy!!**



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