

Chocolate Banana Pudding

Total Time: 10 minutes

Servings: 1



Ingredients

- 1 ripe banana
- ½ cup unsweetened cocoa powder
- 2 tablespoons cornstarch
- Pinch ground cinnamon
- Pinch salt
- 2 large eggs
- 2 cups low-fat milk
- ⅓ cup honey

Directions

1. In a small bowl, use a fork to mash the banana to a smooth pulp.
2. In a medium bowl, use a fork to whisk cocoa powder, cornstarch, cinnamon, and salt.
3. In another bowl, lightly beat eggs. Whisk eggs into the cocoa mixture to make a smooth paste. Whisk out any pockets of cocoa completely.
4. Heat milk and honey over medium heat. Bring to a simmer.
5. Pour a small amount of the hot milk mixture over the egg mixture. Whisk constantly until smooth. Continue adding milk, a little at a time until about half the milk mixture is used.
6. Add egg mixture to pot with remaining milk. Cook over low heat, stirring constantly with a rubber spatula until it just begins to bubble and thicken. Remove from heat.
7. Whisk in mashed banana right away until fully combined.
8. Pour warm pudding into small cups. Eat warm or refrigerate until set, about 2 hours. Top with bananas, berries, and/or nuts!