Make Your Home Safe

- Keep your home well lit and free of trip hazards.
- Remove scatter rugs and loose carpets.
- Add secure grab bars in bathrooms.
- Install sturdy handrails that extend to the bottom on both sides of your stairs.
Chocolate Pudding

Serves: 4 to 6

Instruction:
• Microwave chocolate chips at low-medium until just melted. Add cocoa powder to the melted chocolate and stir to make a paste.
• In a medium saucepan, add milk and bring to near boiling on medium heat. Reduce heat. Add the chocolate paste to the milk mixture and stir gently to combine.
• Measure sugar and cornstarch and put into a small bowl. Stir well together. Gradually stir the sugar/cornstarch mixture into the hot chocolate/milk mixture.
• Cook and stir until thickened (about 10 minutes). Remove from heat.
• Add vanilla and stir well.
• Pour into dessert serving dishes and refrigerate about 4 hours before serving.

Nutrition Information:
Per serving: 260 calories, 6 g fat, 3.5 g of saturated fat, 0 g trans fat, 6 mg cholesterol, 125 mg sodium, 50 mg carbohydrate, 3 g fibre, 40 g sugars, 6 g protein, 4% DV vitamin A, 0% DV vitamin C, 15% DV calcium, 30% DV vitamin D.

Adapted from Chatelaine Magazine Website.