



## 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**

1/3 cup (60 g)	semi-sweet chocolate chips	80 mL
1/4 cup	cocoa powder	60 mL
1/2 cup	sugar	125 mL
3 tbsp	cornstarch	45 mL
2 cups	1% milk	500 mL
2 tsp	vanilla extract	10 mL
pinch	salt	pinch

## Instructions:

- Microwave chocolate chips at low-medium until just melted. Add cocoa powder to 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*.

