

Vanilla Pudding

1/3 cup (75mL) sugar

3 Tablespoons (45mL) cornstarch

1/8 teaspoon (0.5mL) salt

2 cups (500mL) milk of choice (soy, almond, etc)

1 teaspoon (5mL) vanilla

1. In a large saucepan, mix the sugar, cornstarch and salt. Gradually blend in the milk, stirring constantly to avoid lumps.
2. Cook the mixture over low heat, stirring constantly until thickened.
3. Cook for an additional 2-3 minutes, stirring constantly (to avoid burning)
4. Remove the pudding from the heat and add the vanilla. Let cool for 10 minutes, stirring occasionally.
5. Pour the pudding into one large serving bowl, or individual serving dishes, cover, and chill until firm, about 2-3 hours.