



# MINT CHOCOLATE PUDDING

**RECIPE PROVIDED BY:** Dairy Farmers of Canada

**RECIPE SOURCE:** [Cookspiration.com](http://Cookspiration.com)

## RECIPE INFO

**PREP. TIME:** 15 mins

**COOKING TIME:** 5 mins

**YIELDS:** 4

## INGREDIENTS

½ cup (125 mL) pitted dates

½ cup (125 mL) boiling hot water

2 cups (500 mL) milk

¼ cup (60 mL) cocoa powder

3 tbsp (45 mL) cornstarch

⅛ tsp (0.5 mL) peppermint extract

⅛ tsp (0.5 mL) vanilla extract

8 fresh mint leaves

## INSTRUCTIONS

### STEP 1

In a small bowl, stir together dates and boiling water. Let sit for 10 minutes. Pour into a food processor and blend until smooth.

### STEP 2

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 ⅛ tsp.

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