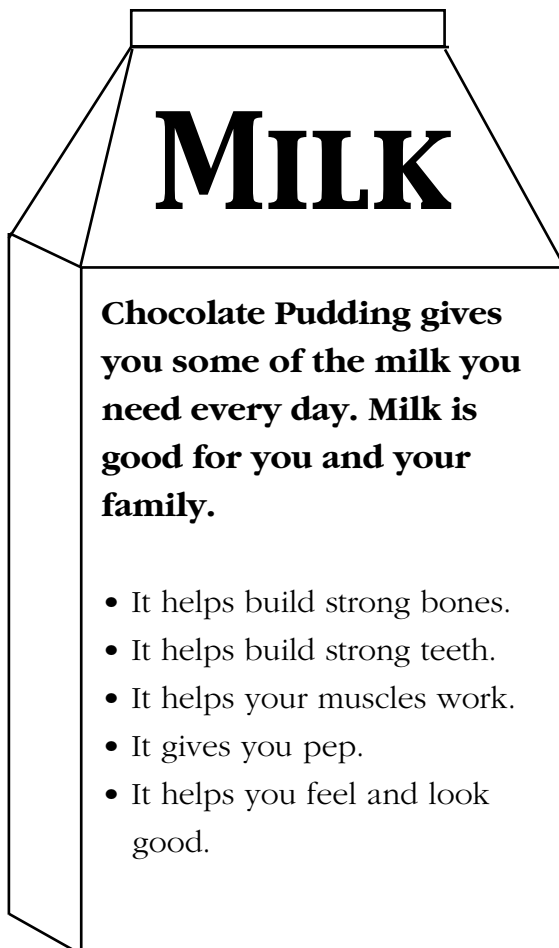


½ cup sugar  
3 tablespoons flour  
A little salt  
1 cup instant nonfat dry milk  
3 tablespoons cocoa  
1 egg  
2 cups water  
2 tablespoons butter  
or margarine

**What You Use:**



**Chocolate Pudding**  
This recipe makes enough for 5 people.



**Chocolate Pudding gives you some of the milk you need every day. Milk is good for you and your family.**

- It helps build strong bones.
- It helps build strong teeth.
- It helps your muscles work.
- It gives you pep.
- It helps you feel and look good.

A **good diet** has meat, eggs, cheese, or dry beans or peas every day. A good diet has milk and cereals. It also has vegetables and fruits.

**Evelyn Crayton**, *Extension Foods and Nutrition Specialist*, Professor, Nutrition and Food Science, Auburn University. Originally prepared by **Fariss Prickett**, former *4-H Specialist—Foods and Nutrition*.

**For more information**, call your county Extension office. Look in your telephone directory under your county's name to find the number.

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# How to Make Chocolate Pudding

