What You Use:

- 1/2 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

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.

Chocolate Pudding

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

1. Cook on low heat. Stir all the time. Cook until pudding gets thick.

2. Instant nonfat dry milk

3. 1 egg


4. 2 cups water

Add egg and water to dry mixture. Stir.

5. Take boiler off heat.

6. Butter or margarine

Add butter. Stir until it melts.

7. Pour pudding into a bowl.


9. Chocolate Pudding is good plain. You can put Nonfat Whipped Topping on it.

See publication EFNEP-100, “Nonfat Whipped Topping.” It shows you how to make nonfat whipped topping from dry milk.