



ASHLEY TERPSTRA

Boston Cream Pie Parfait

www.joybauer.com/recipes/vanilla-pudding-s-mores

Amount per Serving:

Calories: 128

Protein: 2.5g

Total Fat: 4.5g

- Saturated Fat: 2g

Cholesterol: 60mg

Total Carbohydrate: 19g

Dietary Fiber: 1.5g

Total Sugar: 11.5g

Sodium: 120mg

INGREDIENTS:

PUDDING

1/3 cup granulated sugar

1/4 teaspoon nutmeg

1/4 teaspoon salt

1/4 cup arrowroot flour

2 1/2 cups unsweetened vanilla almond milk, divided

4 large egg yolks

2 teaspoons vanilla extract

CHOCOLATE SAUCE

1/2 cup mini semi-sweet chocolate chips

1/8 cup unsweetened vanilla almond milk

S'MORES

6 graham cracker sheets

DIRECTIONS

FOR THE PUDDING

In a small saucepan, whisk together sugar, nutmeg and salt over medium heat. In a small dish, combine arrowroot and $\frac{1}{4}$ cup unsweetened vanilla almond milk, mixing until dissolved. Add arrowroot mixture, remaining $2\frac{1}{4}$ cups unsweetened vanilla almond milk and egg yolks to saucepan, mixing until well combined.

Cook the pudding over medium heat, stirring constantly, until mixture thickens and bubbles just begin to form on the surface. Whisking constantly, turn down the heat to low and cook for about 1 to 2 minutes more.

Pour the pudding through a fine sieve into a heatproof dish and stir in vanilla extract. Cool in fridge for at least 2 hours.

Makes 3 cups pudding

FOR THE CHOCOLATE SAUCE

Place semi-sweet chocolate chips in a microwave-safe bowl and microwave for 30 seconds. Stir with a fork or whisk. Microwave an additional 30 seconds. Stir with a fork or whisk. Microwave again for 15 to 30 seconds, depending on strength of your microwave. Stir chocolate chips well and whisk in unsweetened vanilla almond milk.

Alternatively, melt chocolate using a double boiler and remove from stovetop before whisking in unsweetened vanilla almond milk.

Makes $\frac{1}{2}$ cup chocolate sauce

TO ASSEMBLE

Place 2 tablespoons of pudding mixture in a ramekin, top with 1 teaspoon of chocolate sauce and $\frac{1}{4}$ graham cracker sheet, crumbled. Repeat. Do this for each of the 12 ramekins. Serve.