



# Low FODMAP Chocolate Pudding

Serves: 4

Prep: 5 minutes

Cook: 10 minutes



Ingredients	Metric	Imperial
Dark chocolate	70 g	2.5 oz
2 tbsp white sugar	40 g	1.4 oz
4 tbsp cornflour	30 g	1 oz
3 cups soy milk (made from soy protein)*	750 g	26.5 oz
1 tbsp unsweetened cocoa powder	4 g	0.1 oz
¼ tsp instant coffee (finely ground)	1 g	0.04 oz
⅛ tsp ground cinnamon	1 g	0.04 oz
Frozen raspberries (crushed)	40 g	1.4 oz
Fresh banana	120 g	4.2 oz
Dark chocolate, roughly chopped or grated	10 g	0.4 oz

## Method

1. Roughly chop 70g of dark chocolate and place it in a coffee mug with ½ cup of soy protein milk. Place in the microwave on high for 20 seconds, then stir. Repeat in 10-second increments until the chocolate has melted.
2. In a large microwave proof bowl place the white sugar, cornflour, cocoa powder, instant coffee (crush into a fine powder between two spoons before measuring), and ground cinnamon. Add 1 cup of soy protein milk and whisk until smooth. Then whisk in the remaining milk (1½ cups) and the melted chocolate.
3. Place the large bowl in the microwave and cook on high for two minutes. Then whisk. Repeat the process in 1 minute increments (whisking each time), until the chocolate pudding is thick and coats the back of a metal spoon without running off. This process should take 6 to 8 minutes. Allow the chocolate pudding to cool for two to three minutes.
4. Whisk the pudding just before serving to remove any lumps. Then divide between four cups. Serve with fresh banana, crushed frozen raspberries and grated chocolate.

## Hints

- \*If you choose to use soy milk make sure you buy one made from soy protein, which is low FODMAP. Otherwise choose another low FODMAP milk option like lactose free milk, hemp milk, or almond milk.
- When choosing your dark chocolate, check for added high FODMAP ingredients like inulin, high fructose corn syrup, honey or sugar alcohols like sorbitol.
- Gluten free option: To make this recipe gluten free choose gluten free flour and corn flour

Nutrition Information (per serve)	
<b>Energy</b>	811 Kj / 194 cal
<b>Protein</b>	1.70g
<b>Carbohydrates</b>	6.00g
<b>Sugar</b>	3.60g
<b>Total Fat</b>	32.50g
<b>Saturated Fat</b>	19.40g
<b>Fibre</b>	2.60g