

BUTTERSCOTCH PUDDING

INGREDIENTS:

❖ Brown Sugar (packed)	¼ Cup
❖ Cornstarch	1 TBSP + 1 tsp
❖ Salt	Dash
❖ Milk (fat free)	1 Cup
❖ Egg yolk	1
❖ Butter	1 ½ tsp
❖ Vanilla extract	¾ tsp
❖ Banana*	1

METHOD:

1. Combine Brown Sugar, Cornstarch & Salt.
2. Pour Milk & Egg Yolk into small sauce pan beat lightly.
3. Add sugar mixture to milk stir until smooth.
4. Cook and stir over medium heat until mixture comes to a boil.
5. Cook and stir 1 – 2 minutes longer until thickened.
6. Remove from heat; stir in Butter and Vanilla.
7. Cool to room temperature stirring periodically.
8. Slice Banana and stir into pudding
9. Pour into serving dish or cup
10. Cover and refrigerate 1 – 2 hours until chilled

NUTRITIONAL INFO:

Calories:	217
Total fat:	7 g
Cholesterol:	111 mg
Sodium:	157 mg
Total Carbs:	38 g
Fiber	Trace
Protein:	5g
Potassium	183 mg
Yield 2 servings	

WITH BANANA:

Calories:	262
Total fat:	7.5 g
Cholesterol:	111 mg
Sodium:	157 mg
Total Carbs:	49.5 g
Fiber	2 g
Protein:	6 g
Potassium	769 mg

*Banana is optional but I use it for both flavor and potassium

