

Cocoa-Only Chocolate Pudding

(Soy Milk)

Serves 4 (140 g each)

- 50 g granulated sugar
- 28 g unsweetened cocoa powder
- 25 g cornstarch
- ⅛ tsp salt
- 560 g 7-11 糖質ー75%オフ調整豆乳
- 1 tsp vanilla extract
- Optional: ½ tsp espresso (liquid or powder)



Instructions

1. In a medium saucepan off heat, whisk together **sugar**, **cocoa powder**, **cornstarch**, and **salt** until uniform.
2. Gradually whisk in **soy milk** until completely smooth and lump-free.
3. Place saucepan over **medium-low heat** and cook, stirring constantly, until thickened, bubbling lightly, and coating the back of a spoon (**6–8 minutes**).
4. Remove from heat and stir in **vanilla** (and **espresso** if using).
5. Divide evenly into four cups (≈140 g each). Serve warm, room temperature, or chilled.

Texture Notes

- Warm: sauce-like and comforting.
- Chilled: classic pudding firmness.
- If too thick after chilling, loosen with 1–2 tsp soy milk.

Freezing & Storage

- This pudding freezes surprisingly well due to the cornstarch-thickened base.
- Freeze individual portions in airtight containers for up to 1 month.
- Thaw overnight in the refrigerator.
- After thawing, stir vigorously to restore smooth texture; add 1–2 tsp soy milk if needed.
- Freezing slightly dulls sweetness; taste and adjust if serving chilled.

Nutrition (Approximate)

Per serving (140 g):

Kcal: 150 | Protein: 6 g | Fat: 4 g | Sat. Fat: 1 g | Carbs: 24 g | Sugars: 12 g |
Fiber: 3 g | Sodium: ~70 mg