

Two Of Our Favorite Things,  
Tea & Chocolate!

# Dark Chocolate Earl Grey Pudding

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## Flavonoid Rich Tea Infused Desserts By Tealightful!

### Ingredients:

8 oz. Fat Free Evaporated Milk

63 g. - 72% dark chocolate - approximately 5 squares

2 1/2 tsp Tealightful Earl Grey Black Tea

1/2 - 1 tsp Truvia or any zero calorie sweetener

3/4 c cold water mixed with 2 1/2 tablespoons cornstarch (make sure starch is dissolved).

In a heavy bottom pan, combine evaporated milk and Tealightful Earl Grey tea leaves with zero calorie sweetener.

Bring milk and tea to a slow simmer. Turn off heat and steep for 5 minutes. Strain tea leaves from milk and transfer milk to ceramic cup.

Add chocolate to pan and melt over low heat. Slowly add milk to melted chocolate and whisk until combined.

Bring chocolate and milk mixture to slow simmer. As soon as mixture begins to bubble add cornstarch and water mixture.

Stir until pudding thickens (approx. two to three minutes). Quickly transfer to four small cups. Serving size is one half cup per person.

Refrigerate for up to two hours. If desired, serve with fat free whipped cream!

Calories - 122 per serving, 7 g Fat, 4 g Saturated Fat, 15 g. Carbohydrates, 1.70 g. Fiber, 12 g. Sugar, 19 g Protein, 8g Sodium, 0 Cholesterol