



Vanilla pudding

20'

Hands on

4

Portion(s)

1

Difficulty



Ingredients

- 100 g heavy cream
- 400 g milk
- 90 g granulated sugar
- 1 tablespoon vanilla extract
- 1 medium egg
- 25 g corn starch

To serve

- ground cinnamon

Διατροφικός πίνακας

Nutrition information per portion

243 Calories (kcal)	9.7 Total Fat (g)	5.7 Saturated Fat (g)	33.0 Total Carbs (g)
12%	14%	29%	13%
27.0 Sugars (g)	6.0 Protein (g)	0.0 Fibre (g)	0.18 Sodium (g)
30%	12%	0%	3%

Method

- In a **pot**, add the heavy cream, 300 g of the milk, half of the sugar, the vanilla extract, and transfer over medium heat.
- Let it come to a boil.
- In a **bowl**, add the egg, the remaining sugar, and mix well with a **hand whisk**.
- Add the remaining milk, the corn starch, and mix with the hand whisk until the ingredients are homogenized.
- Transfer the pot's mixture slowly into the bowl with the rest of the ingredients by constantly mixing with the whisk.
- Add the mixture into the pot again, place it on heat, and stir constantly until the pudding thickens.
- Divide it into four bowls, cover with plastic wrap, and refrigerate for 30 minutes. Make sure that the plastic wrap touches the pudding's surface completely, so that it won't make a crust.
- Dust with the cinnamon and serve.