

Chocolate pudding with kefir whey



Ingredients for chocolate pudding:

- 500 ml (17 oz) whey
- 2 egg yolks
- 2 tbsp corn starch
- 2 vanilla powder packs
- 200 g (7 oz) dark chocolate
- 1 tbsp sugar

Chocolate pudding preparation steps

You can save whey when you make cheese. When the cheese is straining there will be whey remaining in the jar. This is very beneficial for your health because it's rich in proteins.

Heat 450 ml (15 oz) of the whey in a pot. Put the remaining whey in a bowl and stir in all the ingredients except chocolate. Stir it until smooth and watch out for any lumps.

When whey comes to boiling, remove from the heat and pour in the mixture of ingredients while stirring. Stir with a whisk and put back to low heat, continue stirring until it's thick enough. Quickly add broken down pieces of chocolate and stir until the chocolate melts. Pour the chocolate pudding in 4 small glasses or jugs and wait until it's cold and solid.

Serve with whipped cream, cocoa or candied orange peels.

See more whey recipes [here](#).

Products used to prepare this recipe:



Kefir Fermenter

[Buy on Kefirko.com](https://www.kefirko.com)



Cheese Maker

[Buy on Kefirko.com](https://kefirko.com)



[Organic Cane Sugar](#)

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