

Recipe

MODIFICATION

Chocolate Pudding Serves 6

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In this edition we look at a modified chocolate pudding. Making a few simple changes to recipes such as swapping the full cream milk for low fat milk and using margarine instead of butter can improve the nutritional quality of a meal. Remember, desserts like this, even if modified should only be eaten in moderation and saved for special occasions!

✘ Original Ingredients	✎ Modifications	✔ Modified Ingredients
1 cup plain flour		1 cup plain flour
¾ cup sugar	Reduce the amount of sugar to ½ cup (can reduce more by using artificial sweetener) to reduce the total carbohydrate	½ cup sugar
½ cup full cream milk	Swap the full cream milk for low fat milk to lower the overall saturated fat	½ cup low fat milk
½ teaspoon salt	Reduce the salt by eliminating the salt from the recipe	
2 teaspoons baking powder		2 teaspoons baking powder
2 tablespoons butter	Swap butter for the nutellex with buttery flavour to lower the overall saturated fat	2 tablespoons nutellex buttery flavour
2 tablespoons cocoa		2 tablespoons cocoa
½ teaspoon vanilla essence		½ teaspoon vanilla essence
1 ¾ cups boiling water		1 ¾ cups boiling water

Method

1. Preheat oven to 180°C.
2. Melt the nutellex and add low fat/skim milk and vanilla essence and mix together.
3. Add the flour, salt, baking powder and mix.
4. Pour the mixture into a baking tray.
5. Mix sugar and cocoa together in a separate bowl and sprinkle over pudding mixture.
6. Pour 1 ¾ cups of boiling water over the pudding and put into oven. Do not mix the pudding once the water has been added.
7. Bake for ¾ of an hour in moderate oven of 180°C.

Nutritional information

	Original Recipe		Modified Recipe	
	Per Serve	Per 100g	Per Serve	Per 100g
Energy (kJ)	1410 (337Cal)	1440 (344Cal)	1190 (284Cal)	1350 (323Cal)
Protein (g)	4.9	5.0	4.9	5.6
Fat total (g)	13.3	13.5	11.7	13.3
– Saturated (g)	6.4	6.5	2.8	3.2
Carbohydrate total (g)	47.2	48.1	37.3	42.4
– Sugars (g)	30.3	30.9	20.4	23.2
Dietary fibre (g)	4.4	4.5	4.4	5.0
Sodium (mg)	538	548	202	230