

Vanilla Instant Pudding



Serves	12
Prep time	4 hours, 15 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Egg , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Dessert , Sweet Things
Misc	Child Friendly , Pre-preparable , Serve Cold
Website	Frills in theHills

Ingredients

For the Pudding Mix:

- 3/4 cups wheaten cornflour
- 1/2 cup caster sugar
- 1 vanilla bean (seeds removed)
- 1/2 teaspoon salt
- 3/4 cups milk powder

To make:

- Milk (2 cups for three serves)

Directions

To make the pudding mix:

1. Split the vanilla bean and remove the seeds.
2. Place all the ingredients for the pudding mix into an airtight container. Seal the container and shake well.
3. Store the pudding mix in a cool dark place for at least a week to allow the vanilla bean to flavour the other ingredients. Can be stored for several months.

To make the pudding:

4. Combine half a cup of pudding mix in a medium saucepan with two cups of milk.
5. Heat the milk mixture over medium heat, whisking continuously. When the milk has thickened like custard and can coat the back of a spoon remove it from the heat.
6. Pour into a single bowl or three smaller bowls. Place in the fridge and allow to set for 4 hours.

Note

Low Chemical / Failsafe, Gluten-free

The longer the dry instant pudding mix is left, the more vanilla flavour will seep into the mix. The vanilla beans can be re-used several times with more batches of pudding mix.

Half a cup of dry pudding mixture makes three serves of pudding.

Variations:

1. The vanilla bean can be left out and some vanilla essence or extract added when the milk mixture is made.
2. Add some maple syrup to the milk mixture for maple syrup pudding.