

How to Make Instant Pudding Mix

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One of the treat desserts of my childhood was instant pudding. It seemed like a miracle to us that we could watch Mum beat the milk and the pudding mix for a few minutes, pour it into bowls and voila - we could eat it almost immediately!

It's still around, you can buy packets of instant pudding at the supermarket and while it may be a little passé as a treat dessert, it is very handy to have in the pantry. Like most convenience foods though, the packaged variety contains a few things I'd rather not feed my family. Making it from scratch I control what and how much of what goes into the mix.

Instant pudding mix is one of our camping staples - it carries easily, is made quickly and can be eaten hot or cold. The kids love it as a snack on cold afternoons or as a super treat on winter nights. This recipe makes 20 serves at a cost of approximately 12c per serve.

Basic Instant Pudding Mix

Ingredients:

3/4 cup non fat milk powder
3/4 cup cornflour
1 cup white sugar
2 whole vanilla beans

Method:

Combine the milk powder, sugar and cornflour. Use a whisk to mix them together. Split the vanilla beans and scrape the seeds into the dry ingredients. Whisk again to distribute the vanilla seeds through the mixture. Pour into a clean and dry, air-tight jar. Slip the vanilla pods into the mix. The vanilla pods will help to flavour the dry ingredients, don't waste them. Seal the jar.

To make the pudding:

Place 1/2 cup milk powder, 2 cups water and 1/2 cup pudding mix into a medium size saucepan. Whisk to combine. Bring to a boil, whisking constantly. Reduce heat and continue whisking until the mixture thickens, about 3 minutes. Pour into serving dishes and let set for 5 minutes to serve warm. To serve cold, set in the fridge until cold.

Variations:

- *To make chocolate pudding whisk 3 tbsp cocoa into the pudding mix and milk powder before adding the water when making up.
- *To make coffee pudding dissolve 2 tsp instant coffee granules in the water when making up.
- *To make strawberry pudding, add 3 tbsp strawberry milk flavouring with the dry ingredients when making up.

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