

Dessert

Rich Chocolate Pudding Pie

Cooking Light Magazine

Servings: 10

Preparation Time: 20 minutes

Start to Finish Time: 4 hours 45 minutes

One teaspoon of vanilla extract can be substituted for the rum.

CRUST

30 chocolate wafers

3 ounces bittersweet chocolate, melted

1 tablespoon canola oil

FILLING

3/4 cup sugar

1/4 cup cornstarch

1/4 cup unsweetened cocoa

1/4 teaspoon salt

1 3/4 cups 1% low-fat milk, divided

2 large egg yolks

4 ounces bittersweet chocolate, finely chopped

1 tablespoon white rum

1/2 cup fresh raspberries

10 tablespoons fat-free frozen whipped topping, thawed

TO PREPARE CRUST: Place wafers in a food processor; process until finely ground.

Add three ounces melted chocolate and oil; process until blended.

Press into the bottom and up the sides of a 9-inch pie plate. Freeze the plate for 15 minutes or until set.

TO PREPARE FILLING: Combine the sugar, cornstarch, cocoa and salt in a large saucepan; stir with a whisk. Add half of the milk and two yolks; stir with a whisk until smooth. Stir in the remaining milk. Cook over medium heat for 5 minutes or until thick and bubbly, stirring constantly.

Remove from the heat. Add four ounces of chocolate, and stir until smooth. Stir in the rum. Pour filling into the prepared crust.

Cover with plastic wrap; chill for 4 hours or until set.

Serve with raspberries and whipped topping.

Per Serving (excluding unknown items): 230 Calories; 14g Fat (49.6% calories from fat); 5g Protein; 27g Carbohydrate; 4g Dietary Fiber; 44mg Cholesterol; 81mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fruit; 0 Non-Fat Milk; 2 1/2 Fat; 1 Other Carbohydrates.