AMERICAN · DESSERT

Creamy Sugar-Free Chocolate Pudding

200 min · Serves 6 · 300 kcal a serve · Video 7:19 · All Day I Dream About Food

Vegetarian · Gluten-free ingredients

A rich, creamy chocolate dessert with no added sugar, sweetened with erythritol and allulose: about 3 g net carbs a serve, with most of its energy from cream and butter.

Diet notes: Keto (3.3 g net carbs a serve).

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Ingredients 12 · SERVES 6

- [ ] 300 ml **heavy whipping cream**
- [ ] 180 ml unsweetened almond (or hemp or macadamia) milk
- [ ] 3 tbsp Swerve (erythritol) sweetener
- [ ] 3 tbsp **allulose**
- [ ] 1 large **egg**
- [ ] 2 large **egg yolks**
- [ ] a pinch of **salt**
- [ ] 6 tbsp (30 g) **Dutch-process cocoa powder**
- [ ] 1/4 tsp **glucomannan** (or xanthan gum)
- [ ] 3 tbsp **butter**, cut into 3 pieces
- [ ] 1/2 tsp **vanilla extract** (or up to 1 tsp)
- [ ] **whipped cream**, a dollop on each to serve

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Egg, Milk, Tree nuts. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the cream and almond milk in a saucepan over medium heat until it just simmers, then take it off the heat and whisk in the Swerve and allulose until dissolved. 0:33
2. Whisk the egg, egg yolks and a pinch of salt in a bowl. Slowly drizzle in about 120 ml of the hot cream while whisking, then whisk the warmed eggs back into the pan in a thin stream. 1:28
3. Whisk in the cocoa until smooth. Return to medium-low heat and whisk constantly, reaching into the corners, for 4–5 minutes until it thickens. 2:42
4. Sprinkle in the glucomannan while whisking quickly. When it looks like chocolate sauce rather than hot chocolate, take it off the heat. 3:26
5. Whisk in the butter and vanilla until melted and smooth (if it looks curdled, blend it smooth). 4:02
6. Pour into 6 small glasses and chill 2–3 hours until set. Serve with a dollop of whipped cream. 4:41

> **Tip** Dairy-free: use full-fat coconut milk for the cream and almond milk, and coconut oil for the butter. All-allulose pudding takes longer to set. Shaved sugar-free chocolate is a nice topping. Keeps 4 days chilled.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 6 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
300 kcal 1,250 kJ	4.4 g 9% of a day	5.2 g 3.3 g net · 2 g sugars 2% of a day	1.9 g 7% of a day	30 g 18 g saturated 39% of a day	90 mg 4% of a day

Energy from net carbs 4% · protein 6% · fat 90% — fits keto: 3.3 g net carbs, 90% of the energy from fat

High in (20%+ of a day) Vitamin A 36%

Source of (10–19%) Selenium 15% · Vitamin B12 14% · Omega-3 14% · Vitamin E 12%

Recipe and video: All Day I Dream About Food (@AllDayIDreamAboutFood) on YouTube — youtube.com/watch?v=UFqrxN9KOkM, published 9 May 2024. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/keto-sugar-free-chocolate-pudding