

Dairy Free Pudding

" *pudding won't set with almond or soy milk!*" - Lemmings

Ever asked in Connect, a cooking forum, message board, facebook group, wherever... "Can you make pudding with Almond Milk?" and been met with an immediately dismissive "NO! It's impossible! Even Einstein couldn't figure it out!" Well, forget those Negative Nancys, they have no idea what they're talking about. You can make instant pudding with ANYTHING. Heck, in all of my pudding based frostings, I use cold water... so BOOM *mic drop*. It's suuuuper easy and is extremely useful for cutting points when you're creating a recipe. It's also great for shaving a few extra calories off. Remember, a few calories here and there, add up over time. Summer's coming up and ya want to look good in that leopard print speedo or tankini don't you?

Points:

The points are COMPLETELY dependent on what brand of pudding you buy (SCAN THE BOX), what dairy free liquid you use, as well as your application for the pudding. IE: Using it in a pie, eating it plain, parfait, etc. This page is just showing you how to make it.

Ingredients:

- Any brand of **INSTANT** pudding and pie filling
- Half as much fat free liquid as box-requested whole milk
 - Almond, Cashew, Soy Milk, etc.
 - Even COLD water works

Directions:

This is a truly simple food hack. All that is really required is the ability to pour liquid, use an electric hand mixer... and do 3rd grade math, unless you learned Common Core. Then, this simple math would require knowledge of Astro Physics. For this example, we're going to make instant butterscotch pudding, using cold water. Yes... water.



1. In a mixing bowl or container, mix 1 packet of instant pudding and pie filling, with HALF AS MUCH water for the whole milk the instructions suggest. So for example, if the box says to use 3 cups of cold milk, use 1-1/2 cups of cold water or almond milk instead.



2. Mix, on high speed, for around 2 to 3 minutes, until the pudding gets thick and creamy. Store in the fridge, allowing more time to set. Done.

Notes:

- Using 1/2 as much fat free liquid, as the suggested milk, makes it a creamy pudding consistency. If you plan to use it for frosting, you'll need to make it thicker. Use less than 1/2. IE: If the box calls for 2 cups of cold milk, use 3/4 cup of fat free liquid. If the box calls for 3 cups of milk, use 1-1/4 cups of fat free liquid. This will make a thicker pudding, which you can use for frosting.

