



CREAMY LEMON PUDDING



INGREDIENTS

ITEM

- Lactose-free Whole Milk (or Lactose-free 2% Milk)
- Cornstarch
- Pure Maple Syrup
- Vanilla Extract
- Finely Grated Lemon Zest
- Fresh Lemon Juice
- Pinch of Sea Salt

QUANTITY

2 cups
3 tbsp
¼ cup
1 tsp
1 tbsp
2 tbsp

SERVING SIZE

1



PREPARATION

- ✔ Whisk milk, cornstarch, maple syrup, vanilla, lemon zest, and salt in a saucepan.
- ✔ Cook over medium heat, whisking until thick and smooth.
- ✔ Remove from heat and stir in lemon juice.
- ✔ Pour into ramekins and cover with plastic wrap.
- ✔ Chill for at least 2 hours before serving.