

Milk Powder Pudding

A creamy and delicious dessert made with milk powder, sugar, and corn flour.


30 min

Total time

Easy

Difficulty

200

kcal / serving

Nutrition per serving (estimated)

Protein 7 g

Carbs 32 g

Fat 5 g

Fiber 0 g · Sugar 23 g · Sodium 90 mg

Ingredients

- 1/4 cup milk powder
- 2 tbsp sugar
- 1 tbsp corn flour
- 1 cup milk
- 1/2 tsp vanilla extract
- Optional: nuts or fruits for garnish

Substitutions

Corn flour – Use the same amount of cornstarch.

Vanilla extract – Use the same amount of vanilla bean paste.

Sugar – Use the same amount of granulated cane sugar.

Steps

- 1 In a saucepan, mix milk powder, sugar, and corn flour.
- 2 Gradually add milk while stirring to avoid lumps.
- 3 Place the saucepan over medium heat and cook until the mixture thickens.
- 4 Remove from heat, stir in vanilla extract, and pour into serving dishes.
- 5 Let it cool and refrigerate until set.
- 6 Garnish with nuts or fruits before serving.

Chef's tips

- A properly thickened pudding should coat a spoon and leave a clear trail when you draw a finger through it.
- Whisking steadily as the mixture thickens helps prevent a starchy taste and lumps.
- Allow time for the pudding to chill fully; shallow serving dishes usually set more quickly than deep ones.

Drink pairing

A lightly sweet dessert wine

Its gentle sweetness complements the creamy vanilla pudding without overwhelming it.

0% option: Coffee or black tea

Storage

Cover and refrigerate leftovers within 2 hours; keep for 3–4 days. Serve chilled.

Frequently asked questions

How can I tell when the pudding is thick enough?

It should coat the back of a spoon and hold a brief trail when stirred.

Why did my pudding turn lumpy?

Corn flour can clump if it is not evenly mixed or if the milk is added too quickly; steady whisking helps keep the texture smooth.

Can I make this pudding ahead?

Yes. Make it a day ahead and keep it covered in the refrigerator; add any fruit or nuts shortly before serving.