

# Recipe for



## BERRY, CHOCOLATE, AND VANILLA STRATA



### INGREDIENTS

UNSWEETENED MILK (DIVIDED) 2 C

SPLENDA (DIVIDED) 2 TBSP

CORN STARCH (DIVIDED) 4 TBSP

VANILLA TO TASTE

ASSORTED BERRIES 3 PINTS

COCOA POWDER 1 TB + (GARNISH)

**SERVES** 6

**PREP TIME** 5 MIN

**TOTAL TIME** 5 MIN

### DIRECTIONS

1. HEAT 1 CUP MILK IN 2 SEPARATE POTS OVER LOW HEAT.
2. COMBINE 1T OF SPLENDA AND 2T OF CORNSTARCH AND MIX WITH COLD MILK. REPEAT A SECOND TIME AND ADD 1T COCOA TO THE SPLENDA/CORNSTARCH BLEND.
3. ADD THE BLENDS TO EACH POT OF SIMMERING MILK.
4. HEAT UNTIL THE MILK THICKENS. REMOVE FROM THE HEAT AND COOL. ADD VANILLA TO TASTE AS IT COOLS.
5. IN A LARGE GLASS BOWL, LAYER THE CHOCOLATE AND VANILLA SOY MILK WITH THE BERRIES FORMING LAYERS.
6. END UP WITH A LAYER OF BERRIES ON TOP AND SPRINKLE WITH COCOA POWDER.

Edited by: Dietitian In Your Kitchen, 2021

Source: The American Diabetes Association Vegetarian Cookbook.

Recipe Credit: Steven Petusevsky. Photo Credit: Renee Comet.