

DESSERT

Peanut Butter and Jelly Pudding

7 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
260 min	10 min	250 min	8	\$0.62	348 kcal



Peanut Butter and Jelly Pudding could be just the gluten free and lacto ovo vegetarian recipe you've been looking for. For 62 cents per serving, this recipe covers 10% of your daily requirements of vitamins and minerals. One serving contains 348 calories, 10g of protein, and 16g of fat. This recipe...

Ingredients

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| ☐ 1/3 cup cornstarch | ☐ 5 large egg yolks, beaten |
| ☐ 8 servings Kosher salt | ☐ 1/3 cup peanut butter* chips (See Cook's Note) |
| ☐ 1 cup red grapes, quartered lengthwise, plus 6 to 8 whole grapes for garnish | ☐ 1/3 cup roasted peanuts, roughly chopped |
| ☐ 1 cup sugar | ☐ 2 teaspoons vanilla extract |
| ☐ 4½ cups whole milk | |

EQUIPMENT Bowl, Sauce pan, Whisk, Plastic wrap

Method

- 1 Heat 4 cups of the milk in a large saucepan over medium heat until steaming.
- 2 Whisk the sugar, cornstarch and 1/2 teaspoon salt in a large bowl.
- 3 Whisk in the egg yolks and the remaining 1/2 cup milk.
- 4 Whisk half of the hot milk into the egg mixture until smooth, then gradually whisk the egg-milk mixture into the saucepan. Cook over medium heat, whisking constantly, until the mixture boils. Continue to cook, whisking constantly, until it has thickened to a puddinglike consistency, 3 to 4 minutes.
- 5 Remove from the heat and stir in the vanilla extract.
- 6 Cool slightly, stirring a few times to prevent a skin from forming.
- 7 Place a piece of plastic wrap directly on top of the pudding and refrigerate until completely cooled and thickened, about 4 hours.
- 8 Before serving, whisk the pudding vigorously until smooth and creamy. Gently fold in the grapes, peanuts and peanut butter chips. Spoon the pudding into six to eight individual cups and top each with a single whole grape.

Nutrition per serving

348	10 g	16 g	44 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			5.1 g · 32% of daily needs
Fibre			1.3 g · 5% of daily needs
Sugar			35.8 g · 40% of daily needs
Sodium			325 mg · 14% of daily needs
Cholesterol			131 mg · 44% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/peanut-butter-and-jelly-pudding-148578