

Sweet New Ways To Indulge In Chocolate

(NAPSA)—As if you needed another reason to eat chocolate, now studies show it helps fight depression and control asthma and that its antioxidants reduce blood pressure.

Still, more of us eat chocolate because we love it, not because of its health benefits. But whatever your reasons, now you have two new ways to indulge from Karo Corn Syrup and Argo Corn Starch.

Banana Split Pudding has the classic taste of the traditional dessert with a fun variation—creamy homemade vanilla pudding in place of ice cream. The pudding takes just 10 minutes to prepare and chocolate lovers can spoon on as much fudge topping as they prefer.

Banana Split Pudding

Prep time: 10 minutes

Microwave time: 5 to 7 minutes

Chill time: 30 minutes

Makes: 6 servings

- ¾ cup sugar**
- 2 tablespoons Argo® Corn Starch**
- ¼ teaspoon salt**
- 2 cups milk**
- 2 egg yolks**
- 2 tablespoons butter**
- 1 teaspoon vanilla extract**
- 1 to 2 bananas, sliced**
- ¼ cup fudge topping**
- Optional: whipped topping, chopped pecans, cherries**

MIX sugar, corn starch and salt in a large microwaveable bowl. Whisk in milk and egg yolks until well blended.

MICROWAVE on **HIGH** (100%) about 5 to 7 minutes, stirring every 1 to 2 minutes. Cook until pudding is thick and has boiled at least 1 minute. Remove from microwave. Stir in butter and vanilla. Cover surface with



Banana Split Pudding features rich chocolate fudge and homemade vanilla pudding.

plastic wrap. Chill 30 minutes.

LAYER pudding with bananas and fudge topping in individual bowls. Garnish with whipped topping, pecans and cherries, if desired.

If you love the taste of chocolate, peanut butter and butterscotch, then try Chocolate Scotcheros.

For more recipes and tips, visit www.argostarch.com and www.karosyrup.com.



Chocolate Scotcheros blend the flavor of peanut butter, butterscotch and chocolate in these crispy treats.

Chocolate Scotcheros

Prep time: 20 minutes

Cook time: 10 minutes

Cool time: 45 minutes

Makes: 24 bars

- 1 cup Karo® Light Corn Syrup**
- 1 cup sugar**
- 1 cup creamy peanut butter**
- 6 cups crispy rice cereal**
- 1 cup semisweet chocolate chips**
- 1 cup butterscotch chips**

COOK corn syrup and sugar in a large pan over medium heat, stirring to dissolve sugar. Bring mixture to a boil. Remove from heat. Stir in peanut butter; mix well. Add cereal; stir until evenly coated.

POUR into greased 13x9-inch pan and pat into place.

MELT chocolate and butterscotch chips in saucepan over low heat, stirring constantly. Spread over cereal.

COOL at least 45 minutes, or until firm. Cut into bars.