

Heaven in a Bowl Dessert Recipe: Rich, Creamy, and Perfect for Any Occasion

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INGREDIENTS

- 1 baked pan of brownies or chocolate cake, cooled and cut into cubes
- 1 package instant chocolate pudding mix
- 2 cups cold milk
- 1 package cream cheese, softened
- 1/2 cup powdered sugar
- 1 container whipped topping, thawed
- 1 cup mini chocolate chips or chopped chocolate candy
- 1/2 cup crushed chocolate cookies, optional
- Chocolate syrup, optional for layering or topping

DIRECTIONS

1. Prepare the pudding: In a medium bowl, whisk together the chocolate pudding mix and cold milk until smooth and slightly thickened. Set aside.
2. Make the cream layer: In a large bowl, beat the softened cream cheese and powdered sugar until smooth. Fold in half of the whipped topping until light and creamy.
3. Prepare the base: Cut the cooled brownies or cake into bite-sized cubes.
4. Start layering: In a large glass bowl, trifle dish, or serving dish, add a layer of brownie or cake cubes.
5. Add pudding: Spoon a layer of chocolate pudding over the cake pieces.
6. Add cream layer: Spread a layer of the cream cheese mixture over the pudding.
7. Repeat: Continue layering cake, pudding, and cream mixture until the dish is filled.
8. Top it off: Finish with the remaining whipped topping, mini chocolate chips, crushed cookies, or a drizzle of chocolate syrup.
9. Chill: Refrigerate for at least 2 hours before serving so the layers can settle and the flavors can blend.
10. Serve: Scoop into bowls or dessert cups and enjoy chilled.

SWAPS & NOTES

Brownies or cake: Brownies make the dessert richer and denser, while cake gives it a lighter layered texture.

pudding: Chocolate pudding is classic, but vanilla or cheesecake pudding can create a nice contrast.

Cream cheese: This adds richness and structure to the creamy layer.

Whipped topping: Keeps the dessert fluffy and easy to spread.

TIPS FOR SUCCESS

The best Heaven in a Bowl starts with fully cooled brownies or cake.

If the base is still warm, the creamy layers can melt and lose their texture.

Chilling the dessert long enough is also important because it helps the layers firm up and gives you that perfect scoopable consistency.

Another good tip is to keep the layers fairly even so every serving gets a little bit of everything.

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