

Pumpkin Pudding

8 servings (1/2 cup)



Ingredients:

- 1 can (15 ounces) pumpkin
- ½ teaspoon cinnamon or pumpkin pie spice
- 1½ cups nonfat milk
- 1 package (1 ounce) instant sugar free vanilla pudding

Preparation:

1. Wash hands.
2. Mix pumpkin and cinnamon together with a wooden spoon in a large mixing bowl.
3. Slowly stir in milk and mix well.
4. Add instant pudding mix and stir slowly for about 1 minute until it thickens.
5. Refrigerate until serving time.

TIPS

Great as a snack or for dessert!

Nutrition Facts	
8 Servings Per Container	
Serving Size: 1/2 cup	
Amount Per Serving	
Calories	45
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrates 9g	3%
Dietary Fiber 2g	8%
Total Sugars 4g	
Added Sugars	NA*
Protein 2g	
Vitamin D 1mcg	5%
Calcium 66mg	5%
Iron 0mg	0%
Potassium 72mg	2%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
NA* - We are currently in the process of integrating the new FDA Nutrition Standards. Added Sugar information is not currently available for the recipe. We will be updating the information shortly.	

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