

Pumpkin Pudding

No cooking required for this tasty pumpkin pudding. Kids can help prepare with supervision.

Makes: 6 servings
Prep Time: 5 minutes

Source: choosemyplate.gov recipes - pumpkin pudding

Ingredients

- 1 can pumpkin (15 ounces, or 2 cups cooked mashed squash such as Hubbard)
- 2 teaspoons pumpkin pie spice (or 1 teaspoon cinnamon, 1/2 teaspoon ginger, 1/4 teaspoon nutmeg and 1/4 teaspoon cloves)
- 1/8 teaspoon salt
- 1 1/2 cups milk (1% low-fat)
- 1 vanilla pudding (instant, 3.5 oz (small box))

Directions

1. Remember to start by washing your hands. In a large bowl, mix pumpkin, salt and pumpkin spice together.
2. Slowly stir in milk and mix well. Add instant pudding mix and stir for 2 minutes until it thickens. Refrigerate until serving time.

Utensils Needed

- Large Mixing Bowl
- Measuring Spoons
- Liquid Measuring Cup
- Can Opener
- Mixing Spoon



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 3/4 cup	
Nutrients	Amount
Calories:	112
Total Fat:	1 g
Saturated Fat:	1 g
Cholesterol:	3 mg
Sodium:	417 mg
Total Carbohydrates:	24 g
Dietary Fiber:	2 g
Total Sugars:	20 g
Added Sugars:	14 g
Protein	3 g
Vitamin D	1 mcg
Calcium	100 mg
Iron	1 mg
Potassium	242 mg

SHOPPING LIST

Average total cost without oil and seasonings: \$3.75

Average cost/serving: \$.63

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Lowfat Vanilla Yogurt 32 oz



Add 1 to Cart
Canned Pumpkin 15 oz



Add 1 to Cart
Instant Vanilla Pudding Packet
3.4 oz

SAVE TIME, SAVE MONEY

Leftover Tips

- Not sure what to do with the extra milk?
Check out snapedny.org for great recipes such as: Fantastic French Toast, Cafe Mocha, Overnight Oats, and much more!

My Cooking Notes