



Pumpkin Pudding

Makes 6 Servings



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

Ingredients

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

Nutrition Facts

servings per container	
Serving size	(149g)
Amount per serving	
Calories	110
	% Daily Value*
Total Fat 1g	1%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 180mg	8%
Total Carbohydrate 25g	9%
Dietary Fiber 2g	7%
Total Sugars 19g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 1mcg	6%
Calcium 99mg	8%
Iron 1mg	6%
Potassium 245mg	6%

*The % Daily Value 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.

Instructions

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.

Source: www.choosemyplate.com

K-STATE
Research and Extension

Wildcat District