

Frozen Puddingwiches

A summertime treat that is fun to eat!

 Level: Easy

Makes: 16

Kids' Tool Kit

Electric mixer
Mixing bowl
Measuring cups
Rubber spatula
9x13-inch pan
Foil
Cutting board
Sharp knife

Ingredients:

$\frac{3}{4}$ cup peanut butter
1 $\frac{1}{2}$ cups low fat milk
1 package (3.9 ounces) instant chocolate pudding mix
1 cup whipped topping
16 whole graham crackers



Directions:

Remember to wash your hands!

1. Line a 9x13-inch pan with foil.
2. Using an electric mixer, blend peanut butter and milk until smooth.
3. Slowly beat in chocolate pudding mix until blended.
4. Fold in whipped topping.
5. Pour into prepared pan and freeze until firm.
6. Break graham crackers into squares.
7. Use foil to lift pudding from the pan, then cut into squares the size of the graham crackers. Place each pudding square between 2 graham crackers.
8. Wrap in plastic wrap and freeze.

Chef's Choice

Frozen
Puddingwiches
Banana

Nutrition Facts

Serving Size 1 sandwich (53g)
Servings Per Container 16

Amount Per Serving	
Calories 140	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 2.5g	12%
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 15g	5%
Dietary Fiber less than 1 gram	3%
Sugars 9g	
Protein 4g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



Helpful Hints: Lift the pudding from the pan using the foil as a "handle" and place on a cutting board. Use a graham cracker for a pattern to cut the frozen pudding into squares. Work quickly to make the puddingwiches, and then place them in the freezer.



Safety Tip: Adult supervision is important for young kids using an electric mixer. When mixing, keep beaters on the bottom of the bowl and make sure the beaters come to a full stop before raising them out of the pudding. When resting the mixer on its base, let the beaters hang over the bowl so they can drip into it and not on the counter.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.