

## Pumpkin Pudding

A real “cool” dessert!

6 servings

### Ingredients:

- 1 can (15-ounce) pumpkin
- 1/2 teaspoon pumpkin pie spice
- 1 1/2 cups low fat milk
- 1 package (3.5-ounce) instant vanilla pudding

### Directions:

1. In a large mixing bowl, mix pumpkin and pumpkin spice together with a wooden spoon.
2. Slowly stir in milk and mix well.
3. Add instant pudding mix and stir slowly for about one minute until it thickens.
4. Refrigerate until serving time.

*Nutrition Facts: One three-fourths cup serving provides 110 calories, 1g total fat, 5mg cholesterol, 270mg sodium, 24g total carbohydrate*

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension  
Family Nutrition Program



www.kidsacookin.ksu.edu

### Chef's Choice

Pumpkin Pudding  
Gingersnap cookies

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