

Shake Your Pudding

A serving just for one!

1 serving

Ingredients:

- 1/2 cup cold low fat milk
- 2 tablespoons dry instant chocolate pudding
(other flavors work too)

Directions:

1. Measure milk into a glass measuring cup and pour milk into a small plastic container with a tight fitting lid.
2. Add instant pudding. Snap on lid and shake for 30 seconds. Pudding will set up after a few minutes. Refrigerate if served later.

***Nutrition Facts:** One 1/2 cup serving provides 150 calories, 1g total fat, 5mg cholesterol, 160mg sodium, 31g 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.

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K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice
Shake Your Pudding
Graham Crackers

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