K-STATE RESEARCH & EXTENSION
FAMILY NUTRITION PROGRAM

Kids a Cookin' ©

# Pumpkin Pudding

A real "cool" dessert!

**Level:** Easy

**Serves:** 6, ¾ cup each

## Kids' Tool Kit

Large mixing bowl
Measuring spoons
Measuring cup
Wooden spoon
Rubber spatula

## Ingredients:

1 can (15-ounce) pumpkin
½ teaspoon pumpkin pie spice
1 ½ cups low fat milk
1 package (3.5-ounce) instant vanilla pudding

## Directions:

**Remember to wash your hands!**

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.

## Chef's Choice

Pumpkin Pudding
Gingersnap cookies

**Helpful Hints:** Shopping lists save time and money at the store. There are two kinds of dry pudding mixes – instant and those that must be cooked. For this recipe, be sure you put instant pudding on your list.

**Safety Tips:** Choose cans that don't have dents, cracks, rust or bulging lids. Remember to wash the can top before opening. Food safety is important even before you open the can.

## Nutrition Facts

Serving Size 3/4 cup (149g)
Servings Per Container 6

| Amount Per Serving | |
|---|---|
| **Calories** 110 | Calories from Fat 10 |
| | % Daily Value* |
| **Total Fat** 1g | 1% |
| Saturated Fat 0.5g | 3% |
| **Cholesterol** 5mg | 1% |
| **Sodium** 270mg | 11% |
| **Total Carbohydrate** 24g | 8% |
| Dietary Fiber 2g | 8% |
| Sugars 21g | |
| **Protein** 3g | |
| Vitamin A 220% • | Vitamin C 6% |
| Calcium 10% • | Iron 6% |

*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

Source: *Book Cooks*, Family Nutrition Program, K-State Research and Extension, Saline County.
Suggested book for this cooking activity: *Pumpkin, Pumpkin* by Jeanne Titherington

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.

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.