

Shake Your Pudding

Read the recipe, measure the ingredients, and shake it up!



Level: Easy

Makes 1/2 cup

Kids' Tool Kit

Glass measuring cup
Tablespoon
Container with
tight-fitting lid

Ingredients:

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



Directions:

Remember to wash your hands!

1. Measure milk into a glass measuring cup and pour 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.



Chef's Choice

Shake Your Pudding
Graham crackers



Helpful Hints: Does your recipe call for a teaspoon, or is it a tablespoon? It can really make a difference in how your recipe turns out! In most cook books and Kids a Cookin' recipes the measurements are spelled out, but if abbreviations are used, be sure you know what they stand for. A capital "T" stands for tablespoon and a small "t" stands for teaspoon.



Safety Tip: All cooks, young and old, need to wash their hands - front and back - between fingers and under nails - in warm, soapy water for about 20 seconds. Teach kids to sing the "Alphabet Song" while they are washing; that takes about 20 seconds. Use paper towels or a clean cloth to dry hands.

Nutrition Facts

Serving Size 1/2 cup (151g)
Servings Per Container 1

Amount Per Serving
Calories 150 Calories from Fat 5

% Daily Value*

Total Fat 1g **1%**

Saturated Fat 0g **0%**

Cholesterol 5mg **1%**

Sodium 160mg **7%**

Total Carbohydrate 31g **10%**

Dietary Fiber less than 1 gram **2%**

Sugars 25g

Protein 5g

Vitamin A 6% • Vitamin C 2%

Calcium 15% • 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

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