

## Frozen Puddingwiches

*A summertime treat that is fun to eat!*

Makes 16

### Ingredients:

3/4 cup peanut butter  
1 1/2 cups low fat milk  
1 package (3.9-ounces) instant chocolate pudding mix  
1 cup whipped topping  
16 whole graham crackers

### Directions:

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. Lift pudding from 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.

*Nutrition Facts: One sandwich provides 140 calories, 8g total fat, 0mg cholesterol, 210mg sodium, 15g 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  
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Kids a Cookin'

www.kidsacookin.ksu.edu

**Chef's Choice**  
Frozen Puddingwiches  
Banana

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