

## Pumpkin Pudding

6 servings

Dairy foods like milk, cheese, and yogurt are rich in calcium, protein and vitamins that help build strong bones and teeth. Calcium keeps your nerves, heart, and muscles healthy and may help regulate blood pressure.



- 1 (5.1 ounce) package instant vanilla pudding mix, regular or sugar free
- 2 cups low-fat milk
- 1 (15 ounce) can pumpkin
- 1 ½ cups whipped topping
- 1 teaspoon ground cinnamon

1. Wash hands with soap and water.
2. In a medium bowl, mix pudding and milk with an electric mixer for 1 to 2 minutes.
3. Add pumpkin to pudding mixture. Stir in whipped topping with a whisk or spoon. Mix well.
4. Add cinnamon and mix well.
5. Chill until served.
6. Store leftovers in a sealed container in the refrigerator for up to four days.

**Nutrition Information per Serving:** (1/6 of recipe) Calories 190, Total Fat 3.5g, Saturated Fat 3g, Cholesterol 5mg, Sodium 410mg, Total Carbohydrate 38g, Dietary Fiber 2g, Sugars 34g, Protein 4g, Vitamin A 220%, Vitamin C 4%, Calcium 15%, Iron 6%.