

Pumpkin Pudding

Nebraska Seasonal Produce Guide

6 Servings



EXTENSION

Health & Wellbeing



Ingredients

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

Instructions

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 the 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 cup): Calories 190, Total Fat 3.5g, Saturated Fat 3g, Cholesterol 5mg, Sodium 410mg, Total Carbohydrates 38g, Fiber 2g, Total Sugars 34g, Protein 4g, Vitamin A 220%, Vitamin C 4%, Calcium 15%, Iron 6%



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