



Pumpkin Pudding

Servings 8 | Prep time 10 mins | Total time 10 mins.

Equipment: Large bowl

Utensils: Stirring spoon, Measuring cups and spoons

Ingredients

1 15 ounce can pumpkin puree

1/8 teaspoon salt

2 teaspoons pumpkin pie spice OR 1 teaspoon cinnamon, 1/2 teaspoon ginger,

1/2 teaspoon nutmeg

1 1/2 cups low-fat milk

1 package (3.4 ounces) instant vanilla pudding mix

8 graham crackers OR 1 cup granola

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and tops of cans.
2. In a large bowl, mix pumpkin, salt, and pumpkin pie spice.
3. Slowly stir in milk and mix well.
4. Add instant pudding mix and stir for 2 minutes until it thickens.
5. Refrigerate until ready to serve.
6. Serve with 1/2 of a graham cracker or with 2 tablespoons granola per serving.

Nutritional Information:

Calories 140 Total Fat 2g Sodium 230mg Total Carbs 27g Protein 3g