



# 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