



October 24- Pumpkin Pudding

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=753062>

Recipe

Ingredients:

- 1 ounce vanilla instant pudding mix
- 12-ounce can fat-free evaporated milk
- 15-ounce canned pumpkin
- 1 teaspoon pumpkin pie spice

Directions:

1. Beat together pudding mix and milk. Refrigerate 5 minutes.
2. Mix in pumpkin and spice and refrigerate 10 minutes or longer. Serve chilled.

Yield 6 servings

Nutrition Facts

Serving Size 1/6 recipe (132.58g)
Servings Per Container 6

Amount Per Serving

Calories 90 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 1%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 170mg 7%

Total Carbohydrate 17g 6%

Dietary Fiber 2g 8%

Sugars 10g

Protein 5g 9%

Vitamin A 220% • Vitamin C 6%

Calcium 15% • Iron 6%

* Percent Daily Values are based on a 2,000 calorie diet.