



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.