

Pumpkin Pudding

Makes: 6 servings

Ingredients

1 can pumpkin (15 oz, or 2 cups cooked mashed squash such as Hubbard)

2 teaspoons pumpkin pie spice (or 1 teaspoon cinnamom, 1/2 teaspoon ginger, 1/4 teaspoon nutmeg and 1/4 teaspoon cloves)

1/8 teaspoon salt

1 1/2 cups milk (low-fat)

1 package vanilla pudding (instant, 3.5 oz (small box))

Directions

1. Remember to start by washing your hands. In a large bowl mix pumpkin, salt and pumpkin spice together.
2. Slowly stir in milk and mix well. Add instant pudding mix and stir for 2 minutes until it thickens. Refrigerate until serving time.

Oregon State University Cooperative Extension Service, Healthy R



Nutrition Information

Nutrients	Amount
Calories	120
Total Fat	1 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	320 mg
Total Carbohydrate	25 g
Dietary Fiber	2 g
Total Sugars	21 g
Added Sugars included	N/A
Protein	3 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A