



Quick Pumpkin or Sweet Potato Pudding

Prep time: Approx. 10 minutes
 Ready in: Approx. 25 minutes
 Makes 8 servings



Ingredients

- 1.3-4 ounce package instant vanilla pudding mix
- 1 (12 fluid ounce) can evaporated milk or mix 1 cup water with 2/3 cup instant nonfat dry milk in place of evaporated milk
- 1 (15 ounce) can pumpkin or 1 (15 ounce) can sweet potato, drained (not candied)
- 1 teaspoon pumpkin pie spice
- Whipped cream
- ½ teaspoon vanilla

Directions

1. Beat pudding mix and milk according to package directions in large bowl.
2. Refrigerate for 5 minutes
3. Add pumpkin and pumpkin pie spice.
4. Mix well.
5. Spoon into dessert dishes. Refrigerate for 10 minutes or until ready to serve.
6. Top with whipped cream.

Nutrition Facts	
Serving Size (71g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 18g	6%
Dietary Fiber 2g	9%
Sugars 14g	
Protein 3g	
Vitamin A 150%	• Vitamin C 4%
Calcium 8%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	