



Pumpkin Pudding

Makes 4 servings

Ingredients

- 1 ¾ cups fat-free milk
- 2 tablespoons cornstarch
- 6 tablespoons sugar
- ½ cup canned 100% pure pumpkin puree
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- ⅙ teaspoon ground nutmeg

Directions

1. In a medium pan, warm milk over medium heat, whisking constantly as you add the cornstarch and sugar. Turn heat to high and boil for 1 minute. Remove from heat and set aside.
2. In a small mixing bowl, combine remaining ingredients. Stir. Gradually add to the milk mixture (made in step 1) as you stir.
3. Heat over low heat, stirring constantly, and cook for 3 to 4 minutes or until heated through. Pour into 4 serving dishes and place in the refrigerator to chill for at least 60 minutes. Enjoy!



DESSERT



TIP

Garnish this dessert with whipped topping and a sprinkle of cinnamon for an extra-sweet treat!*

*Option not included in nutrition facts.

♥ = heart smart

⊗ = low sodium

Ⓞ = gluten free

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Nutrition Facts

Serving Size 1/2 cup (162g)
Servings Per Container 4

Amount Per Serving

Calories 140 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 45mg 2%

Total Carbohydrate 31g 10%

Dietary Fiber 1g 4%

Sugars 25g

Protein 4g

Vitamin A 80% • Vitamin C 0%

Calcium 15% • 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

Recipe contains: milk

Carb choices per serving: 2