

# VYP

Vary Your Protein Recipe Series

Recipe Category: Healthy Sweet Food

## No-Added-Sugar “Pumpkin Pie” Pudding

Yield: 6 servings, about 1/2 cup each

- 1 1/2 cups skim milk
- 1.5 ounces instant vanilla sugar-free pudding mix
- 1 to 1 1/2 teaspoons pumpkin pie spice, as desired
- 15 ounces canned 100% pumpkin

1. Wash your hands and work area.
2. Pour milk into a large mixing bowl.
3. Open pudding mix package and add pumpkin pie spice. Stir them slightly in the package using a fork.
4. Add dry mixture to milk. Use a wire whisk to stir pudding for one minute. It will be thick.
5. Stir in pumpkin and stir for one minute longer.
6. Serve immediately, or cover and refrigerate 30 minutes or longer to allow flavors to blend.
7. Cover and refrigerate leftovers within two hours. Or, if desired, freeze leftovers in a moisture-proof freezer container. (When thawed, pudding will not be as smooth, but it will still taste delicious!)



# K-STATE

Research and Extension

*Serving suggestion:  
Serve as a snack with  
graham crackers.*

*This fat-free, low-  
sodium healthy sweet  
food is an excellent  
source of vitamin A.*

## Nutrition Facts

Serving Size about 1/2 cup (140g)  
Servings Per Container 6

| Amount Per Serving            |                     |
|-------------------------------|---------------------|
| Calories 70                   | Calories from Fat 0 |
| % Daily Value*                |                     |
| <b>Total Fat</b> 0g           | <b>0%</b>           |
| Saturated Fat 0g              | <b>0%</b>           |
| Trans Fat 0g                  |                     |
| <b>Cholesterol</b> 0mg        | <b>0%</b>           |
| <b>Sodium</b> 110mg           | <b>5%</b>           |
| <b>Total Carbohydrate</b> 15g | <b>5%</b>           |
| Dietary Fiber 2g              | <b>8%</b>           |
| Sugars 5g                     |                     |
| <b>Protein</b> 3g             |                     |
| Vitamin A 220%                | Vitamin C 6%        |
| Calcium 8%                    | Iron 6%             |

\*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

*1 carbohydrate choice  
per serving.*

For more information about healthy eating, contact your local extension office or log on to [www.ksre.ksu.edu/humannutrition/](http://www.ksre.ksu.edu/humannutrition/). The Food Assistance Program can help people of all ages with low income buy nutritious foods for a better diet. To find out more, call 1-888-369-4777. Recipe developed by Mary Meck Higgins, Ph.D., R.D., L.D., CDE, Associate Professor, Dept. of Human Nutrition, **Kansas State University Agricultural Experiment Station and Cooperative Extension Service, Manhattan, KS**. Contents of this publication may be reproduced for educational purposes. All other rights reserved. In each case, credit Mary Meck Higgins, “VYP Recipe Series,” June 2009. This material was funded by USDA’s Supplemental Nutrition Assistance Program. Kansas State University is an equal opportunity provider and employer. Kansas State University, County Extension Councils, Extension Districts and the U.S. Department of Agriculture Cooperating.