

RECIPE:

Pumpkin Pudding

Number of Servings: 6



Ingredients:

- 1 (4 to 6 lb.) baking pumpkin* or 1 (15 oz.) can pumpkin
 - 2 c. low-fat milk
 - 1 (5.1 oz.) pkg. instant vanilla pudding mix, regular or sugar-free
 - 1 1/2 c. whipped topping
 - 1 tsp. ground cinnamon
- *Store remaining puréed pumpkin in the fridge for up to 1 week or freeze for up to 3 months.

Directions:

1. Wash hands with soap and water.
2. Scrub fresh pumpkin with clean vegetable brush under running water.
3. Preheat the oven to 400 degrees F. Remove the stem, cut the pumpkin in half. Scoop out the seeds with a spoon. Lay the halves, flat side down on a lightly greased sheet pan. Bake until fork tender, about 30 to 45 minutes. Cool the pumpkin. Remove the flesh of the pumpkin from the skin. Use a food processor to purée the pumpkin. Reserve 2 c. for the recipe.
4. In a medium bowl, mix pudding and milk with an electric mixer for 1 to 2 minutes.
5. Add pumpkin to pudding mixture. Stir in whipped topping with whisk or spoon. Mix well.
6. Add cinnamon and mix well.
7. Chill until served.
8. Store leftovers in a sealed container in the refrigerator.

Nutrition Info:

Nutrition Facts	
6 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	280
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 390mg	17%
Total Carbohydrate 55g	20%
Dietary Fiber 2g	7%
Total Sugars 41g	
Includes 4g Added Sugars	8%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 189mg	15%
Iron 3mg	15%
Potassium 1415mg	30%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe Credit: Nebraska Extension Nutrition Education Program