



October Healthy Recipe of the Month

Pumpkin Pudding

This recipe is brought to you courtesy of our WIC program “Let’s Cook” Recipe book. We will be highlighting recipes each month so be sure to add them all to your menu and let us know how well you liked them. You can send your comments to the HRoffice@fresnoeoc.org.

October is the time of year to make anything “Pumpkin.” With the easy availability of this nutrient rich, sweet and yummy ingredient, it should be on everyone’s menu. For a healthy and nutritious treat that is sure to please young and old family members alike try this scrumptious pumpkin pudding recipe.

You will need;

- 1 package (3-4 oz) instant vanilla pudding mix
- 1 ½ cups cold non-fat milk
- 1 Cup fresh mashed pumpkin (canned pumpkin may be substituted)
- ½ teaspoon cinnamon

In a medium bowl, beat pudding mix and milk together until well blended, about 2 minutes. Stir in pumpkin and cinnamon. Cover and chill according to package directions before serving. Garnish with sprinkled cinnamon and a dollop of cool whip if desired

Nutritional Information (per serving)

Calories 148; Fat 0G; Protein 4G; Carbohydrates 33 G; Fiber 2.6 G; Calcium 110 mg; Vitamin A 913 mcg; Vitamin C 0.5 mg