Pumpkin Pudding
Makes 4 Servings

1 (3.4 ounce) package instant vanilla pudding
1 1/2 cups cold nonfat milk
1 cup canned or mashed pumpkin
1/2 teaspoon cinnamon

1. In a medium bowl, beat pudding mix and milk together until well blended, about 2 minutes.
2. Stir in pumpkin and cinnamon.
3. Cover and chill according to pudding package directions before serving.

NUTRITIONAL INFORMATION (per serving)
CALORIES 148; FAT 0g; PROTEIN 4g; CARBOHYDRATE 33g; FIBER 2.6g; CALCIUM 110mg; IRON 0mg; VITAMIN A 913mcg; VITAMIN C 0.5mg; FOLATE 0mcg

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