



Pumpkin Pudding

INGREDIENTS:

2/3 Cup low-fat vanilla yogurt (6 ounces)

4 Tablespoons canned pumpkin purée

1 teaspoon honey

1/4 teaspoon pumpkin pie spice

Makes 1 serving.



This material was funded by the USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income and can help you buy nutritious foods for a better diet. To find out more, contact your local food stamp office or call 1-800-221-5689 for Idaho's toll-free number. The University of Idaho is an equal opportunity employer, provider, and educational institution.

ALWAYS WASH HANDS BEFORE PREPARING FOOD!

DIRECTIONS:

1. Stir all ingredients together in a bowl.
2. Serve cold and enjoy! Refrigerate leftovers within 2 hours.

*Health Note: Top with granola or crushed graham crackers for an added crunch.
Freeze extra canned pumpkin to use for later pudding cravings.*

