

Pumpkin Pie Pudding

Ingredients:

- Lowfat cinnamon graham crackers
- 1 package Instant Vanilla Pudding
- 1½ cup skim milk (**WIC Food**)
- 15 oz. can of Pumpkin
- 1 tsp. of cinnamon



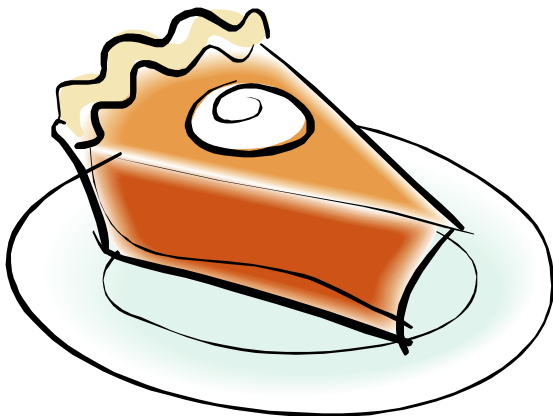
Materials:

- Large mixing bowl
- Mixing spoon
- 1 large ziploc bag (or several small bags)
- 6 cups

Directions:

- 1) Place 6 graham crackers into a large ziploc bag. Make sure the bag is sealed and have your children take turns pounding on the bag to crush the crackers.
 - *Parent Tip:* Place each cracker into individual bags so each child may have their own.
- 2) In a bowl, combine 1 package Instant Vanilla pudding mix, 1 ½ cup skim milk and 15oz. of Pumpkin, and 1 teaspoons of cinnamon.
- 3) Mix well and chill for (at least) 10 minutes.
- 4) Scoop approximately 1/2 cup of pudding into each cup.
- 5) Top each pudding cup with graham cracker crumbs.
- 6) Enjoy!

Bonus: Tastes just like pumpkin pie, but is a lot easier to make and lower in fat! This recipe is also a great source of Calcium and Vitamin A.



Makes 6 (½ cup) servings.