**Recipe card instructions:**
For best results, print two-sided cards on heavyweight paper, such as card stock. Select the “flip on short edge” print setting to ensure the back side of the card isn’t upside down. Cut out each card along dashed lines.

### Pumped-Up Pudding
- ¼ cup low-fat milk
- 1 (3.4-ounce) package instant pudding mix, any flavor
- 2 cups plain low-fat yogurt
- 1 cup bite-size fresh fruit pieces

Add milk to the instant pudding mix; stir until smooth. Add yogurt; stir. Refrigerate until ready to serve over fruit pieces.
Makes 4 servings.

Source: University of Missouri Extension Family Nutrition Education Programs

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*Stock Healthy*  
*Shop Healthy*  
*UNIVERSITY OF MISSOURI EXTENSION*
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Pumped-Up Pudding