



Pumped Up Pudding

Servings: 4

Rinse fresh fruits under running water.

Ingredients:

- ¼ cup low-fat milk
- 3-ounce package pudding mix (any flavor)
- 2 cups plain low-fat yogurt
- 1 cup fresh fruit pieces

Directions:

1. Wash hands and surfaces.
2. Add milk to the pudding and stir until smooth. Add yogurt and stir.
3. Refrigerate until ready to serve over fruit pieces.
4. Refrigerate leftovers immediately.



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Nutrition Facts

Amount Per Serving

Calories 170

Calories from Fat 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 10mg **3%**

Sodium 240mg **10%**

Total Carbohydrate 33g **11%**

Dietary Fiber 1g **4%**

Sugars 25g

Protein 6g

Vitamin A 2%

Vitamin C 15%

Calcium 20%

Iron 2%

Tips:

- Use your favorite fresh, local fruit. Go online to find a farmers market at: agebb.missouri.edu/fmktDir/index.htm or other Missouri local foods at: foodcircles.missouri.edu/sources.htm

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local food stamp office or go online to dss.mo.gov/fsd/fstamp/