

Pumpkin pudding



Recipe credit

[Pumpkin Pudding, Food Hero, Oregon State University Cooperative Extension Service](#)

About this recipe

Serves

6

Serving size

3/4 cup (150g)

Special criteria

[Food shelf friendly](#)

Ingredients

- 1 can pumpkin (15 ounces, or 2 cups cooked mashed squash such as Hubbard)
- 1/2 to 1 1/2 teaspoon pumpkin pie spice to taste
- 1 12-ounce can evaporated skim milk or 1 1/2 cups milk (Skim or 1% low-fat)
- 1 vanilla pudding (instant, 3.5 oz (small box))
- Optional: Whipped topping and graham crackers

Directions

1. Remember to start by washing your hands. In a large bowl mix pumpkin and pumpkin spice together.
2. Slowly stir in milk and mix well. Add instant pudding mix and stir for 2 minutes until it thickens. Refrigerate until serving time.
3. Top with optional graham crackers and whipped topping.

Tips and variations

- Serve with optional graham crackers and whipped topping.
- This pudding also makes a great dip for sliced apples, graham crackers, or vanilla wafers.

Recipe video

Nutritional info

Calories

112

Total fat

1 g

Saturated fat

1 g

Cholesterol

3 mg

Sodium

417 mg

Total carbohydrates

24 g

Dietary fiber

2 g

Protein

3 g

Total sugar

20 g

Allergens

Soy

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