

Pumpkin Pudding

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A healthy alternative to a sweet treat that is perfect for any holiday party or get together!

Prep Time: 5 minutes

Sitting Time: 5 minutes

Total Time: 10 minutes

Servings: 6 servings

Ingredients:

- 1 can pure pumpkin puree
- 2 tsp pumpkin pie spice
- 1 ½ cup unsweetened almond milk
- 1 package of sugar free instant vanilla pudding mix
- *Sweetener of choice if you prefer a sweeter taste

Instructions: Combine pumpkin and pumpkin spice together. Slowly stir in milk. Add instant pudding mix and stir for 2 minutes until it thickens slightly. Refrigerate for 5 minutes or until time to serve!

Nutritional Information per serving:

53 calories: .5g fat, 10g carb, 1g protein

