

THIS WEEK'S RECIPE

As seen on hdnews.net



Pumpkin Ginger Snap Dessert

- 3 cups low-fat milk
- 2 (1-oz) packages vanilla sugar-free, fat free instant pudding
- 1 (15 oz) can solid packed pumpkin
- ¾ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- ¼ teaspoon ground ginger
- 1⅔ cups ginger snap crumbs
- 2 ½ cups low fat whipped topping

- Slowly add pudding to cold milk and beat for about 2 minutes. Chill pudding for 5-10 minutes
- Add pumpkin and spices to pudding and stir well with a spatula.
- To make dessert layer pumpkin mixture, ginger snap crumbs and whipped topping. Chill



Location of Ingredients (at Walmart)

ITEM	AISLE
Low-Fat Milk	Dairy
Instant Pudding.....	8
Pumpkin.....	8
Cinnamon	8
Nutmeg.....	8
Ginger.....	8
Ginger Snap Crumbs.....	7
Whipped Topping.....	1

Nutrition Facts

Serving Size (142g)		Servings Per Container 12	
Amount Per Serving			
Calories 200		Calories from Fat 45	
		% Daily Value*	
Total Fat	5g	8%	
Saturated Fat	3g	14%	
Cholesterol	5mg	2%	
Sodium	250mg	11%	
Total Carbohydrate	35g	12%	
Dietary Fiber	2g	8%	
Sugars	22g		
Protein	4g		
Vitamin A 110% • Vitamin C 2%			
Calcium 10% • Iron 6%			
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
Calories:		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			
regular not sugar fat free instant pudding was used with this analysis			



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