

Pumpkin Pie in a Cup

Makes

6 servings

Prep time

10 minutes

Good source of

Protein

Calcium

Vitamin D

Ingredients:

- 3 cups low- or non-fat milk
- 1 box (5 oz.) sugar-free instant vanilla pudding
- 1 tsp. pumpkin pie spice, divided
- $\frac{3}{4}$ cup pumpkin puree (canned or fresh)
- 1 cup graham crackers, crushed

Nutrition Facts

6 servings per container
Serving size 1 cup (229g)

Amount per serving
Calories 250

	% Daily Value*
Total Fat 3.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 300mg	13%
Total Carbohydrate 49g	18%
Dietary Fiber 1g	4%
Total Sugars 37g	
Includes 6g Added Sugars	12%
Protein 6g	
Vitamin D 2mcg	10%
Calcium 197mg	15%
Iron 1mg	6%
Potassium 328mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.



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Directions:

1. In a medium bowl, whisk together the milk and pudding mix for 2 minutes, or until thickened.
2. Add in the pumpkin puree and $\frac{1}{2}$ teaspoon of the pumpkin pie spice. Whisk the mixture until well combined.
3. To assemble the pumpkin pie, layer 2 tablespoons of crushed graham crackers in the bottom of a cup or glass. Add 2 tablespoons of the pudding mixture. Add another layer of graham crackers, followed by another layer of pudding mixture. Top with a sprinkle of graham crackers and a sprinkle of pumpkin pie spice.
4. Repeat with remaining ingredients for additional cups.
5. Serve immediately. Refrigerate any leftovers.

