



Pumped Up Pudding

Servings: 4

Rinse fresh fruits under running water.

¼ cup low-fat milk

3-ounce package pudding mix (any flavor)

2 cups plain low-fat yogurt

1 cup fresh fruit pieces

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.



Nutrition Facts

4 servings per container

Serving size 3/4 cup (190g)

Amount per serving

Calories 180

% Daily Value*

Total Fat 2g 3%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 410mg 18%

Total Carbohydrate 33g 12%

Dietary Fiber 1g 4%

Total Sugars 29g

Includes 0g Added Sugars 0%

Protein 7g

Vitamin D 0mcg 0%

Calcium 259mg 20%

Iron 0mg 0%

Potassium 349mg 8%

*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.

Helpful Tips

- Use your favorite fresh, local fruit. Go online to find a farmers market at: seasonalandsimple.info or other Missouri local foods at: showmefood.org

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 resource center or go online to mydss.mo.gov/food-assistance