



# Simple Pumpkin Pudding

Prep: 5 minutes | Cook: 10 minutes | Total: 15 minutes

Yield: 4 servings | Serving Size: ~½ cup

## Ingredients

1¾ cups lowfat (1%) milk

½ cup 100% pure pumpkin puree (canned or cooked from fresh)

¼ cup sugar

2 tablespoons cornstarch

½ teaspoon pumpkin pie spice

## Directions

1. Add the milk, pumpkin, sugar, cornstarch, pumpkin pie spice to a medium saucepan. Whisk to combine.
2. Place the pan over medium heat.
3. Cook, whisking often, until the mixture thickens, about 7-10 minutes.
4. Once thickened, remove from the heat and let sit to cool for 3-5 minutes.
5. Divide the pudding into four serving bowls.
6. Serve warm, or chill before serving if desired.

## Recipe Notes

- This pudding will keep in the refrigerator for 3 days.
- Substitute your favorite non-dairy milk if desired. If the milk is sweetened, reduce the sugar in the recipe to 2 tablespoons.
- If you don't have pumpkin pie spice, you can use the same amount of ground cinnamon.

**Nutrition Facts Per Serving: Calories: 120 | Total Fat: 1 g | Saturated Fat: 0 g  
Sodium: 50 mg | Total Carbohydrate: 24 g | Dietary Fiber: 1.5 g | Protein: 4 g**

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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