

# Quick Pumpkin Pudding

*This quick pumpkin dessert is creamy, smooth and so satisfying! Combine sugar free instant vanilla pudding mix with pumpkin puree and whipping cream and you've got dessert.*

Recipe Type: Dessert, Snack

Degree of Difficulty: Easy

## Ingredients

1 pkg. (5.1 oz.) vanilla instant pudding, sugar free  
12 oz evaporated fat-free milk  
15 oz canned pumpkin, no sugar added  
1 tsp pumpkin pie spice  
8 oz Whipped cream



## Directions

- 1 Beat pudding mix and evaporated milk according to package directions in large bowl.
- 2 Refrigerate for 5 minutes.
- 3 Add pumpkin and pumpkin spice and mix well.
- 4 Spoon into 8 dessert dishes.
- 5 Refrigerate for another 10 minutes or until ready to serve.
- 6 Top with whipped cream.

## Cooking Times

Preparation Time: 5 minutes  
Inactive Time: 15 minutes  
Total Time: 20 minutes

## Nutrition Facts

Nutrition (per serving): 87 calories, 2.2g total fat, 1.4g saturated fat, 8.5mg cholesterol, 272.8mg sodium, 13g carbohydrates, 2g fiber, 8.4g sugar, 4.7g protein.

Servings: 7

Yield: 7 - ½ cup servings

## Weight Watchers Points

Note: The pumpkin puree was not used when calculating any of the Weight Watchers points.

Orig. WW Pts: 1

Points Plus: 2

Smart Points: 3

FreeStyle Smart Points: 3

## Tips

Try substituting the whipped cream with some plain non-fat yogurt to add some extra creaminess and nutrition. Just add a drop or two of vanilla extract to give it some flavor.