

Pumpkin Pie in a Bag

Ingredients:

15 ounces canned pumpkin
 1 package instant vanilla
 pudding and pie filling
 2 cups milk, 2% low-fat
 2 teaspoons pumpkin pie
 spice

Equipment:

4 zippered quart size bags
 Measuring cups
 Measuring spoons

Number of Servings: 4
 Preparation Time: 10
 minutes
 Total time: 10 minutes

Directions

Open canned pumpkin and add 1/2 cup to each bag. Set bags upright to be able to add remainder of ingredients to bags.

Add three tablespoons of pudding mix to each bag.

Add 1/2 cup milk to each bag.

Zip up bag and leave small opening to squeeze out most of air. Use hands to massage plastic bag to mix ingredients together for at least two minutes.

Let rest 5 minutes to set, open and eat.

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Nutrition Facts

Serving Size: 1 filled bag	
Servings: 4	
Amount Per Serving	
Calories 140	Calories from Fat 27
%Daily Value*	
Total Fat 3g	5%
Saturated Fat 2g	10%
Cholesterol 11mg	4%
Sodium 169mg	7%
Potassium 477mg	14%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	14%
Protein 6g	13%
Vitamin A 513%	Vitamin C 11%
Iron 10%	Calcium 22%
*Percent Daily Values are based on a 2,000 calorie diet.	

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