

# EASY PUMPKIN PUDDING

Serves 4 Difficulty Level 2

## Ingredients

- 1 3.4 oz box Instant Butterscotch pudding
- 1 1/2 cups cold nonfat milk
- 1 15-ounce can puree pumpkin
- 2 tsp vanilla
- 1 tsp cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp nutmeg



## Directions

Whisk butterscotch pudding and milk for two minutes.

Stir in pumpkin, vanilla, cinnamon, ginger and nutmeg, blending well.

Pour into 4 dessert glasses or bowls.

Refrigerate until ready to serve. Top with a dollop of fat-free whipped topping.

