



A Fun-to-Eat Summertime Treat!

Frozen Puddingwiches

Makes

12 servings

Ingredients:

1½ cups low-fat milk

1 package (3.9 ounces) instant chocolate pudding mix

¾ cup whipped topping

24 whole graham crackers

Directions:

1. Pour the milk into a large mixing bowl. Add pudding mix.
2. Beat with electric mixer until well blended, 1 to 2 minutes. Let the mixture



stand 5 minutes. Fold in whipped topping, using a rubber spatula. Spread the filling about ½ inch thick on one graham cracker. Press another graham cracker on top lightly and smooth the filling at edges with spatula.

3. Freeze until firm, about 4 hours. Wrap in plastic wrap and store in the freezer for up to 2 weeks.

Nutrition Facts:

Serving size: 1. Calories 137, Calories from fat 44, Total Fat 5 g, Saturated Fat 3 g, Trans Fat 0 g, Sodium 213 mg, Carbohydrates 21 g, Dietary Fiber 0 g, Sugar 14 g, Calcium 29%, Iron 1%

Kids-a-Cookin' Recipe

Newsletter developed by Susie Bilderback, Extension Program Assistant, NEA; Tandalayo Kidd, Ph.D., R.D., L.P.N., Associate Professor/ Extension Specialist in Human Nutrition • Wally illustrations by Bob Davis, Engineering Communications • Resources: Adapted from <http://www.choosemyplate.gov/>, <http://www.kidsacookin.org>, <http://www.food.com/recipe/Puddingwiches-163585>, and the Dairy Council of California

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