



A Dessert Just for You!

Shake Your Pudding

Makes: 1 serving

Ingredients:

½ cup cold low-fat milk

2 tablespoons dry instant chocolate pudding (other flavors work too)



Directions:

1. Measure milk into a glass measuring cup and pour milk into a small plastic container with a tight fitting lid.

2. Add instant pudding. Snap on lid and shake for 30 seconds. Pudding will set up after a few minutes. Refrigerate if served later.

Nutrition Facts:

One serving provides: Calories 100, Calories from Fat 30, Total Fat 3 g, Saturated Fat 2 g, Trans Fat 2 g, Sodium 160 mg, Total Carbohydrates 12 g, Dietary Fiber 0 g, Sugar 6 g, Protein 5 g, Calcium 20%, Iron 0%

Recipe from *Kids-a-Cookin'*

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