

Pumpkin Pie Pudding

This homemade pudding may be more than worth the effort. The taste is far superior plus it doesn't have ingredients you can't pronounce. Omit the nuts and this recipe is suitable for the smooth food and soft food stage after surgery. This recipe is great lighter dessert after a holiday meal.

Serves: 4

Serving size: ½ cup

1¾ cup 1% milk
1 large egg
½ cup pumpkin puree
1 tsp vanilla extract
½ tsp ground cinnamon
¼ tsp ground nutmeg
¼ tsp salt
¼ cup Splenda
2 Tbsp cornstarch
½ cup nonfat, plain Greek yogurt
1 Tbsp pure maple syrup
4 tsp chopped walnuts



Directions:

1. In a small bowl, whisk together milk and egg.
2. In another small bowl, mix together pumpkin, vanilla, cinnamon, nutmeg, and salt.
3. Combine Splenda and cornstarch in a medium saucepan over medium heat.
4. Gradually add milk mixture to Splenda mixture, stirring constantly, and bring to a boil. Cook for 1 minute, stirring constantly. Remove from heat.
5. Slowly add pumpkin mixture to milk mixture, whisking constantly. Place pan over low heat and cook for 3 minutes, stirring constantly (do not boil).
6. Divide evenly between four dessert dishes. Cover the surface of each dish with plastic wrap and chill.
7. Stir the maple syrup into the Greek yogurt. Top each pudding dish with 1 Tbsp yogurt mixture and 1 tsp chopped walnuts.

Per serving: 150 calories, 9g protein 4g fat (1g saturated), 55mg cholesterol, 19g carbohydrate, 1g fiber, 11g sugar, 160mg sodium

% Daily Value: Vitamin A 100%, Vitamin C 4%, Calcium 20%, Iron 4%