

Pumpkin Pudding

Servings : 12

Points: 2 (80 cal / 1 fat / 2 fiber)

A creamy blend of pumpkin and spices perfect for a holiday party or any time of year.

Ingredients:

1/2 cup granulated sugar

1 teaspoon ground cinnamon

1/2 teaspoon salt

1/4 teaspoon ground ginger

1/4 teaspoon ground cloves

1/4 teaspoon ground nutmeg (fresh grated is best)

2 large eggs (with high omega-3 content, as noted on label)

1 can (15 oz.) LIBBY'S® 100% Pure Pumpkin

1 can (12 fl. oz.) NESTLÉ® CARNATION® Evaporated Fat Free Milk, or
Evaporated Lowfat 2% Milk

Directions:

PREHEAT oven to 350° F. Lightly grease 11 x 7-inch baking dish.

COMBINE sugar, cinnamon, salt, ginger and cloves in small bowl. Beat eggs in large bowl. Stir in pumpkin and sugar mixture. Gradually stir in evaporated milk. Pour into prepared baking dish.

BAKE for 40 minutes or until center is slightly wiggly. Do not over bake. Let cool on wire rack. Serve immediately or refrigerate.