



Low-Fat Pudding Recipe to Take Home

Dear Parents/Guardians:

Your child has been learning how milk gets from the cow to your home. We have been discussing how milk promotes growth of healthy bones and teeth and how low-fat and fat-free milk are healthier choices than whole milk. Milk is a good source of protein, calcium, and vitamins. For healthy adults and children two years and up, low-fat and fat-free milk are best. Today we made pudding out of low-fat (1%) milk. Your child tasted it and liked it! Here is the recipe for you to try at home:

Ingredients

- 1 3-ounce box of instant pudding
- 2 cups low-fat (1%) or fat-free (skim) milk
- 6-8 drops of food coloring (optional)

Directions

1. Pour 2 cups cold milk into a medium bowl.
2. Add pudding mix and optional food coloring.
3. Beat with wire whisk for 2 minutes.
4. Pour into individual dessert dishes.
5. Pudding will be ready to eat in five minutes.

Suggested seasonal themes with matching food colors:

Valentine's Day	red	Sweetheart Pudding
Spring	green	Bunny Trail Pudding
July Fourth	red/blue	Fireworks Pudding
Fall/Thanksgiving	orange or chocolate	Harvest Pudding
Winter	vanilla	Snowy Pudding