

# Pumpkin Pie Pudding

Makes 8 (1/2 cup) servings

## Ingredients:

- 2 boxes sugar free, fat free instant vanilla pudding
- 3 cups skim milk
- 1 can (15oz) pumpkin puree
- 1 tsp pumpkin pie spice
- 1 cup whipped topping
- 16 ginger cookies, crushed

## Directions:

- 1) Combine pudding mix, skim milk, pumpkin puree, and pumpkin pie spice with mixer until thickened, about 2 minutes
- 2) Chill for 10 minutes
- 3) Top each with 2 TBSP whipped topping and crushed ginger snaps and serve

## Nutrition Facts:

Calories: 152

Total Fat: 3g

Carb: 26g

Chol: 1.8mg

Fiber: 2g

Sodium: 346mg

Sugar: 13g

Potassium: 211mg

Protein: 4.5

## Tips on Indulging:

- Be mindful about what and how much you are eating
- Read food labels!
- Focus on portion sizes
- Beware of processed foods
- ALWAYS try to increase the nutritional value of your foods!
- Don't deny yourself a sweet treat



## What will your next healthy dessert be?

Circle three items to create a tasty treat!

Frozen Yogurt

Almonds

Peanut butter

Raspberries

Dark Chocolate

Honey

Grilled Pears

Oats

Whole Wheat Graham Cracker

# Defending Dessert:

Why satisfying your  
sweet tooth can be  
healthy



Framingham State University  
Fall 2012 Nutrition Fair

By: Rose Barrett and  
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# How to “Re-do” your dessert:

## Who doesn’t like dessert?

Dessert often gets a bad reputation because many are high in calories, fat, or sugar

**BUT**, that’s not always the case. There are many ways to indulge in a sweet treat without over doing it!



## Let’s “Re-do” Dessert!

Make your desserts healthier by adding nutrients including vitamins, minerals, fiber, and healthy fats!!

**Remember:** Everything in moderation!

**FRUITS** and **VEGETABLES** have *vitamins* and *minerals* your body needs to grow and develop. They also have *fiber*, which helps to keep you full and regulates your digestive tract!

- Add berries, bananas, tropical fruit, or sweet potatoes to yogurt, pudding, or ice cream
- Bake and glaze pears with honey, walnuts, and cinnamon...yum!
- Replace *fat* in baking with applesauce, avocado, mashed banana, pumpkin, or sweet potato
- Shredded carrots and zucchini add texture, color, and nutrition to baked goods!
- Dipping berries in chocolate or a banana in nut butter makes a quick, healthy, and guilt free treat!



**WHOLE GRAINS** contain *fiber* and have been shown to reduce the risk of many chronic diseases

- Skip the butter and add dried fruits, nuts or even dark chocolate to popcorn!
- Rice cakes with nut butter and berries or a banana makes for a satisfying treat
- Dip a graham cracker in dark chocolate and top with shredded coconut and berries
- Add toasted oats to yogurt parfaits or frozen yogurt
- Mix applesauce, toasted oats, walnuts, and cinnamon for a healthy take on apple crisp!
- Substitute  $\frac{1}{2}$  whole wheat flour for white flour when baking

**Healthy FATS** can be found in many foods! They are an essential part of the diet and necessary to maintain normal body functions

- Nuts (peanuts, almonds, cashews, walnuts) nut butters, and seeds make great toppings for dessert and will leave you feeling satisfied
- Avocado is a good fat that can be used to replace butter or lard in recipes
- Use canola or olive oils when baking!