

## Pumpkin Pie Pudding

(Makes 4 servings)

### Ingredients:

- ½ cup granulated no calorie sweetener
- 2 tablespoons arrowroot powder
- 1 ¾ cups fat-free thickened milk
- 1 large egg
- ½ cup canned unsweetened pumpkin
- 1 teaspoon vanilla extract
- ½ teaspoon ground cinnamon
- 1/8 teaspoon salt
- 1/8 teaspoon ground nutmeg
- Cooking spray
- ¼ cup chopped walnuts
- Dash of salt
- ½ cup non-fat vanilla yogurt

### Directions:

- 1) Combine 6 tablespoons no calorie sweetener and 2 tablespoon cornstarch in a medium saucepan over medium heat. Combine milk and egg, stirring well with a whisk. Gradually add milk mixture to sugar mixture, stirring constantly, and bring to a boil. Cook for 1 minute, stirring constantly. Remove from heat.
- 2) Combine pumpkin, vanilla extract, ground cinnamon, salt, and nutmeg in a bowl, stirring well. Slowly add pumpkin mixture to milk mixture, whisking constantly. Place pan over low heat, and cook for 3 minutes or until thoroughly heated, stirring constantly (do not boil).
- 3) Divide pudding evenly among 4 dessert bowls, and cover surface of pudding with plastic wrap. Chill.
- 4) Line a baking sheet with foil, and coat foil with cooking spray. Place the remaining 2 tablespoons of sugar, walnuts, and a dash of salt in a small nonstick skillet; cook over low heat until sugar dissolves and is golden (about 3 minutes), stirring frequently to coat nuts. Transfer mixture to prepared baking sheet, and cool completely. Coarsely chop nuts.
- 5) Top each serving with 2 tablespoons yogurt and about 1 tablespoon nuts. Serve.



### Nutritional Analysis: (per serving / ¼ cup)

- Calories: 160 (37% calories from fat)
- Fat: 6 g
- Saturated Fat: 1 g
- Sodium: 325 mg
- Protein: 8 g
- Carbohydrate: 19 g
- Dietary Fiber: 2 g
- Potassium: 325 mg
- Cholesterol: 55 mg

### Source:

*Cooking Light, November 2010 (modified to meet GO! Foods criteria)\**

*\*This recipe has been modified to meet Go! Foods® criteria.*