

Pumpkin- Vanilla Pudding

Serving Size: ½ Cup

Prep time: 10 minutes

Cook time: 7 minutes

Chill time: 1 hour

Ingredients

- ¼ cup Splenda - Granulated
- 2 Tbsp. cornstarch
- 1 ¾ cup 1% milk or unsweetened vanilla almond milk
- 2 Egg yolks
- 1 cup canned pumpkin puree (not pumpkin pie filling)
- 1 tsp. ground cinnamon , and more for dusting
- ¼ tsp. ground cloves
- ¼ tsp. ground ginger
- 1/8 tsp. ground nutmeg
- 1 Vanilla bean, split, seeds scraped out, pod discarded or 1 tsp. vanilla extract
- ¼ cup toasted chopped pecans
- Whipped topping (optional)



Preparation

1. In a 3-quart saucepan, whisk together the sweetener and the cornstarch.
2. In a small bowl, whisk together the milk and egg yolks. Over medium heat, slowly whisk the egg mixture into the sweetener mixture. Bring to a boil, continuing to whisk the mixture until it thickens, about 3 to 5 minutes.
3. Add the pumpkin, cinnamon, cloves, ginger, and nutmeg. Mix well and cook on low heat for 3 minutes. Add the vanilla bean seeds or extract and cook 1 minute more.
4. Remove the saucepan from the stove. Place the pudding in a bowl and cover with plastic wrap. Refrigerate for 1 hour before serving. To serve, spoon the pudding into individual dishes, top each dish with 1/2 Tbsp. pecans, and dust with cinnamon. If desired, dollop with whipped topping.

Nutritional Information Per serving

Calories: 85

Total Fat: 4g

Saturated Fat: 1g

Cholesterol: 50mg

Total Carbohydrate: 9g

Dietary Fiber: 1g

Sugar: 5g

Protein: 3 g

Sodium: 30mg