

# Super Pudding

This quick and easy pudding recipe has extra calories and protein from the evaporated milk, oil and skim milk powder.



## Ingredients:

2 cups	Evaporated milk	500 mL
2 Tbsp	Vegetable oil	30 mL
2 Tbsp	Skim milk powder	30 mL
3 ½ oz	Instant pudding mix (makes 4 servings)	100 g

## Directions:

1. Combine evaporated milk and oil in a medium bowl.
2. Add skim milk powder and pudding mix. Stir with whisk for 2 minutes.
3. Cover and put in the fridge until set.

**Makes 4 servings (125 mL/ ½ cup/ 167 g)**

<b>Nutrition Facts</b>	
Per 1/4 of recipe (125 mL/ ½ cup/ 167 g)	
Amount	% Daily Value
<b>Calories</b> 340	
<b>Fat</b> 17 g	<b>26 %</b>
Saturated 7 g	<b>35 %</b>
+ Trans 0 g	
<b>Cholesterol</b> 40 mg	
<b>Sodium</b> 510 mg	<b>21 %</b>
<b>Carbohydrate</b> 38 g	<b>13 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 38 g	
<b>Protein</b> 10 g	
Vitamin A	10 %
Vitamin C	70 %
Calcium	35 %
Iron	2 %