

# pudding (Nutrition Supplement)

Are you having a hard time eating enough food? Adding a nutrition supplement drink to your recipe may provide extra calories and protein to help you meet your nutrient needs.



## Ingredients:

1 box (3.4 oz) Vanilla instant pudding mix  
2 bottles (2 cups) Vanilla nutrition supplement drink, cooled

1 box (96 g)  
500 mL

## Directions:

1. In a bowl mix pudding and vanilla nutrition supplement drink until there are no visible lumps.
2. Pour into 4 serving dishes (1/2 cup/125 mL per dish) and refrigerate.

**Makes 4 (1/2 cup/ 125 mL/ 152 g) servings**

<b>Nutrition Facts</b>	
Amount per serving (1/2 cup/ 125 mL/ 152 g)	
Amount	% Daily Value
<b>Calories</b> 220	
<b>Fat</b> 3 g	<b>5 %</b>
Saturated 0 g + Trans 0 g	<b>0 %</b>
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 220 mg	<b>9 %</b>
<b>Carbohydrate</b> 42 g	<b>14 %</b>
Fibre 1 g	<b>4 %</b>
Sugars 27 g	
<b>Protein</b> 5 g	
Vitamin A	15 %
Vitamin C	25 %
Calcium	14 %
Iron	13 %

Option: You may use any flavour of nutrition supplement drink or pudding mix.

Nutrition information may vary depending on the type of nutrition supplement drink used.