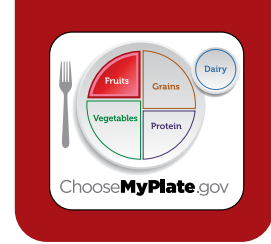


Bountiful Backpack

Layered Pudding & Fruit Cup

Serves: 8

Serving Size: ½ cup



Ingredients:

- 1 (3.4 ounces) box instant sugar-free vanilla pudding mix
- 2 cups skim milk
- 2 cups sliced fruit – fresh or canned in light juice
- 1½ cups crunchy nugget cereal

Directions:

1. Mix pudding according to package instructions using the 2 cups of milk or non-fat dried milk (⅔ cup dry milk and 1½ cups water).
2. Cover with plastic wrap and refrigerate until set (10 minutes).
3. Make individual fruit cups by measuring out ⅓ cup fruit and spoon into bottom of cup. Sprinkle cereal over fruit. Add a layer of pudding. Sprinkle remaining cereal over pudding.
4. Cover and refrigerate remaining pudding and fruit.



Recipe Information from Cooking with EFNEP. Recipes for Eating Smart and Moving More.
North Carolina Expanded Food and Nutrition Education Program.

Nutrition Facts

8 servings per container

Serving size ½ cup (158g)

Amount Per Serving

Calories **160**

% Daily Value*

Total Fat 2g	3%
Saturated Fat 1g	5%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 33g	12%
Dietary Fiber 4g	14%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 130mg	10%
Iron 5.4mg	30%
Potassium 0mg	0%
Vitamin A	6%
Vitamin C	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.