



SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION

# Bountiful Backpack

## Layered Pudding and Fruit Cup



**Serves:** 8

**Serving Size:** ½ cup

### Ingredients:

- 1 box (3.4 ounces) instant sugar-free vanilla pudding mix
- 2 cups skim milk or nonfat dried milk (⅔ cup dry milk mixed with 1½ cups water)
- 2 cups sliced fruit, fresh or canned in light juice
- 1½ cups crunchy nugget cereal

### Directions:

1. Wash hands.
2. Mix pudding according to package instructions using either milk or dried milk mixture.
3. Cover with plastic wrap and refrigerate until set (10 minutes).
4. 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.
5. 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 recipe

**Serving size** ½ cup (158g)

**Amount Per Serving**

**Calories** **160**

% Daily Value\*

**Total Fat** 2g **3%**

**Saturated Fat** 1g **5%**

**Trans Fat** 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.

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