Cheyenne River Cooking for Health

Vanilla Pudding

Makes 4 servings

Ingredients

- ¼ cup sugar
- 2 cups Magic Mix
- 2 cups milk
- 1 teaspoon vanilla

Directions

- 1. In medium saucepan, stir sugar, Magic Mix, and water over medium heat until mixture starts to boil.
- 2. Remove from heat. Add vanilla and beat until smooth.
- 3. Cover, cool, and serve.

Variations

- Chocolate Pudding Add 3 Tablespoons of cocoa when adding vanilla.
- Fruit Pudding Add peaches, bananas and other fruit after vanilla.
- Creamy Add one egg, slightly beaten, when adding sugar.
- Change the Sweetener Change white sugar to brown sugar.

| Nutrition Facts Serving Size 1/2 cup (182.64g) Servings Per Container 4 | |
|---|-------------------------------|
| Amount Per Serving | |
| Calories 310 | Calories from Fat 80 |
| | % Daily Value |
| Total Fat 9g | 14% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 10mg | 3% |
| Sodium 200mg | 8% |
| Total Carbohydrate | 43g 14% |
| Dietary Fiber 0g | 0% |
| Sugars 33g | |
| Protein 15g | 30% |
| *Percent Daily Values are ba | ased on a 2,000 calorie diet. |

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Make it Quick:

• Cook in the microwave 1 to 2 minutes at a time. Stop and stir every 1 to 2 minutes until thick and creamy.

