Simple Pumpkin Pudding

Prep: 5 minutes | Cook: 10 minutes | Total: 15 minutes

Yield: 4 servings | Serving Size: ~½ cup

Ingredients
1¾ cups lowfat (1%) milk
½ cup 100% pure pumpkin puree (canned or cooked from fresh)
¼ cup sugar
2 tablespoons cornstarch
½ teaspoon pumpkin pie spice

Directions
1. Add the milk, pumpkin, sugar, cornstarch, pumpkin pie spice to a medium saucepan. Whisk to combine.
2. Place the pan over medium heat.
3. Cook, whisking often, until the mixture thickens, about 7-10 minutes.
4. Once thickened, remove from the heat and let sit to cool for 3-5 minutes.
5. Divide the pudding into four serving bowls.
6. Serve warm, or chill before serving if desired.

Recipe Notes
• This pudding will keep in the refrigerator for 3 days.
• Substitute your favorite non-dairy milk if desired. If the milk is sweetened, reduce the sugar in the recipe to 2 tablespoons.
• If you don’t have pumpkin pie spice, you can use the same amount of ground cinnamon.