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Pumpkin Pie Pudding

1 3/4 Cups cold skim milk
1/2 Cup canned pumpkin
1 1 Ounce package sugar-free instant vanilla pudding mix
1/2 Tsp pumpkin pie spice

- 1) Stir milk and instant pudding together until smooth.
- 2) Stir in pumpkin and pumpkin pie spice until smooth.
- 3) Serve, or chill and then serve.

Makes 4 Servings

