



Fruity Vanilla Pudding

Makes 2 cups | 4 servings | Dairy • Fruit

Ingredients

- ¼ cup sugar
- 2 cups CNP Magic Mix (see below)
- 2 cups low-fat milk
- 1 teaspoon vanilla
- 1 cup chopped fruit, fresh or frozen (bananas, peaches, apricots, pears, blueberries)

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. In small saucepan, stir sugar, CNP Magic Mix, and milk over medium heat until mixture starts to boil.
3. Remove from heat. Add vanilla and beat until smooth.
4. Cover and chill. Serve once completely cold. Store leftovers in refrigerator.

Notes

To make pudding quickly add ingredients together in a large, microwave-safe bowl. Cook in the microwave for 1 - 2 minutes at a time. Stop and stir every 1 - 2 minutes until thick and creamy.

CNP Magic Mix

Makes 5 cups | Dairy

Ingredients

- 4 cups nonfat dry milk powder
- 1 cup all-purpose flour
- ⅓ cup canola oil

Directions

1. Put ingredients into bowl and mix until it looks like coarse cornmeal.
2. Refrigerate in a tightly covered container.
3. Keeps 3 months in refrigerator.



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Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your Wind River Reservation CNP Educator at <https://uwyoocnp.org/wrir/>

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