PUMPKIN PIE PUDDING

Part of a healthy diet is enjoying all types of foods in moderation!
So if you're looking to treat yourself, try out this easy recipe!

Ingredients:

- ½ cup sugar, divided
- 2 tablespoons cornstarch
- 1 ¾ cups 1% low-fat milk
- 1 large egg
- ½ cup canned unsweetened pumpkin
- 1 tsp vanilla extract
- ½ tsp ground cinnamon
- 1/8 tsp salt
- 1/8 tsp ground nutmeg
- Cooking spray
- ¼ cup chopped walnut

Directions:

1. Combine 6 tbsp sugar and 2 tbsp cornstarch in a medium saucepan over medium heat.
2. Combine milk and egg, stirring well with a whisk. Gradually add milk mixture to sugar mixture, stirring constantly, and bring to a boil. Cook for 1 minute, stirring constantly. Remove from heat.
3. Combine pumpkin, vanilla, cinnamon, salt, and ground nutmeg in a bowl, stirring well.
4. Slowly add pumpkin mixture to milk mixture, whisking constantly. Place pan over low heat, and cook for 3 minutes or until thoroughly heated, stirring constantly (do not boil).
5. Divide pudding among 4 dessert bowls. Cover surface of pudding with plastic wrap. Chill.
6. Place the remaining 2 tbsp sugar, walnuts, and a dash of salt in a small skillet sprayed with cooking spray; cook over low heat until sugar dissolves and is golden (about 3 minutes), stirring frequently to coat nuts. Transfer walnut mixture to a baking sheet, and cool completely. Coarsely chop nuts.
7. Top each serving with 1 tbsp nut mixture. Enjoy!

Nutrients per serving (Makes 4 servings)

Calories	231
Fat	7 g
Sodium	105 mg
Carbohydrate	37 g
Fiber	1.5 g
Protein	7 g

Recipe taken from: http://www.myrecipes.com
Picture taken from: http://www.healthcoachquinn.com
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