

Applescotch Pudding



Prep Time: 10 minutes

Cook Time: 0 minutes

Ingredients:

1 sugar free instant butterscotch pudding mix (4 serving package)

1/3 cup nonfat, dry milk powder

½ tsp. apple pie spice

1 ½ cup cold water

½ cup unsweetened applesauce

2 oz. seedless raisins

¼ cup topping, whipped cream, pressurized

Directions:

1. In medium bowl, mix dry pudding mix, dry milk powder, and apple pie spice.
2. Add water, applesauce, and raisins. Blend using wire whisk
3. Pour pudding into 4 dessert dishes and refrigerate for 30 minutes. Before serving, top with whipped cream.

Nutrition Facts

Makes 4 servings

Amount per serving:

Calories	57.1
Total Carbs	10.6 g
Dietary Fiber	0.3 g
Sugars	6.9 g
Total Fat	0.8 g
Saturated Fat	0.5 g
Unsaturated Fat	0.3 g
Potassium	93.5 mg
Protein	2.3 g
Sodium	82.8 mg