

CHOCOLATE PUDDING PLUS

Yield: 6 quarts (24 cups) Serving: 1 cup

INGREDIENTS

2 bags + 2/3 cups **NutriCare No Sugar Added Instant Chocolate Pudding**

10 oz. **NutriCare Chocolate Nutritional Supplement**

1 gal. + 24 oz. cold whole milk

INSTRUCTIONS

- Combine ingredients in a blender and mix well.
- Pour into pans or molds.
- Refrigerate until pudding is set.

VARIATION

Combine **NutriCare Vanilla Nutritional Supplement** with vanilla, banana or butterscotch pudding mix. Use **NutriCare Strawberry Nutritional Supplement** with vanilla pudding mix.

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Total Fat 9g	13%	Total Carbohydrate 39g	13%
Saturated Fat 4g	20%	Dietary Fiber 2g	7%	
Cholesterol 25mg	9%	Sugars 23g		
Sodium 620mg	26%	Protein 13g		
Vitamin A 15% • Vitamin C 15% Calcium 50% • Iron 25%				
Not a significant source of trans fat.				

Serving Size 1 cup
Calories 310
Calories from Fat 80
*Percent Daily Values are based on a 2,000 calorie diet.

HIGH-PROTEIN PUDDING

Yield: 24 ½ cups

Serving: ½ cup

INGREDIENTS

2½ cups **NutriCare Nutritional Supplement**

1 bag **NutriCare No Sugar Added Instant Pudding Mix**

1½ qts. cold whole milk

1½ qts. cold water

INSTRUCTIONS

- Combine ingredients.
- Mix well and set as directed on pudding package.

VARIATION

Combine **NutriCare Vanilla Nutritional Supplement** with vanilla, butterscotch or banana pudding mix. Or mix **NutriCare Strawberry Nutritional Supplement** with vanilla pudding mix.

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Total Fat 3.5g	5%	Total Carbohydrate 20g	7%
Saturated Fat 1.5g	7%	Dietary Fiber less than 1g	3%	
Cholesterol 15mg	4%	Sugars 12g		
Sodium 290mg	12%	Protein 6g		
Vitamin A 10% • Vitamin C 15%		Calcium 20% • Iron 20%		
Not a significant source of trans fat.				

ORANGE CREAMSICLE ICING

Yield: 12 cups

Serving: 2 Tablespoons

INGREDIENTS

1 bag **NutriCare Lemon or Vanilla No Sugar Added Instant Pudding Mix**

½ cup prepared sugar-free whipped topping

1 Tbsp. **NutriCare Orange Beverage Crystals**

INSTRUCTIONS

- Prepare pudding according to package directions.
- Fold in whipped topping and **NutriCare Orange Beverage Crystals**.
- Use to frost cakes made with **NutriCare Sugar-Free Cake Mix**.

VARIATION

Use additional **NutriCare Orange Beverage Crystals** for tangier flavor.
May also be used as a pie filling.

Nutrition Facts Serving Size 2 Tbsp. Calories 20 Calories from Fat 0 *Percent Daily Values are based on a 2,000 calorie diet.	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Total Fat 0g	0%	Total Carbohydrate 3g	1%
	Sodium 60mg	2%	Protein 1g	
	Vitamin C 6%	• Calcium 2%		
	Not a significant source of saturated fat, cholesterol, dietary fiber, sugars, vitamin A, and iron.			

SMOOTH & CREAMY PIE

Yield: Five 8" pies

Serving: 1 slice

INGREDIENTS

1½ qts. water

1½ qts. nonfat milk

1 bag **NutriCare No Sugar Added Instant Pudding Mix** (any flavor)

5 1/8" pie shells (pre-baked or graham cracker)

INSTRUCTIONS

- Mix water and milk in a bowl.
- Add **NutriCare No Sugar Added Instant Pudding Mix**. Mix at medium-to-high speed for 1 minute.
- Scrape the sides of the bowl. Continue mixing at low speed until smooth.
- Pour mixture into pie shells.
- Chill for 1-2 hours before cutting.

VARIATION

Layer sliced fruit on the bottom or middle of pie, or add to the top. Add sliced bananas to provide a good source of potassium.

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
	Serving Size 1 Slice Calories 270 Calories from Fat 100 *Percent Daily Values are based on a 2,000 calorie diet.	Total Fat 11g	17%	Total Carbohydrate 37g
	Saturated Fat 2.5g	11%	Dietary Fiber 1g	5%
	Sodium 430mg	18%	Sugars 21g	
			Protein 5g	
	Vitamin A 8%	• Calcium 15%	Iron 10%	
	Not a significant source of trans fat, cholesterol, and vitamin C.			

SUGAR-FREE CHOCOLATE ICING

Yield: 3 cups

Serving: 2 Tbsp.

INGREDIENTS

1 bag **NutriCare No Sugar Added Instant Chocolate Pudding Mix**

½ cup prepared sugar-free whipped topping

2 Tbsp. cocoa powder

INSTRUCTIONS

- Prepare pudding as directed on package.
- Fold in whipped topping and 1 tsp. of the cocoa.
- Serve over **NutriCare Sugar-Free Cake**. Add an extra dollop of whipped topping if desired.
- Sprinkle remaining cocoa over top.

Nutrition Facts	Amount/Serving	% Daily Value*
Serving Size 2 tbs. (35 g.)	Total Fat 0g	0%
Calories 20	Sodium 60mg	2%
Calories from Fat 0	Total Carbohydrate 3g	1%
*Percent Daily Values are based on a 2,000 calorie diet.	Protein 1g	
	Calcium 2%	

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, sugars, vitamin A, vitamin C, and iron.

TANGY LEMON ICING

Yield: 12 cups

Serving: 2 Tablespoons

INGREDIENTS

1 bag **NutriCare No Sugar Added Instant Lemon Pudding Mix**

½ cup prepared sugar-free whipped topping

1 Tbsp. **NutriCare Sugar-Free Lemon Beverage Crystals**

INSTRUCTIONS

- Prepare **NutriCare No Sugar Added Instant Lemon Pudding Mix** as directed on package.
- Fold in half the whipped topping and half the **NutriCare Sugar-Free Lemon Beverage Crystals**.
- Gently fold in remaining whipped topping and **NutriCare Lemon Sugar-Free Beverage Crystals** to create swirled icing.
- Use to frost cakes and cupcakes.

Nutrition Facts	Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
		Total Fat 0g	0%	Total Carbohydrate 3g
	Sodium 60mg	2%	Sugars 1g	
			Protein 1g	
			Calcium 4%	

Serving Size 2 tbs.
Servings Per Container about 96
Calories 20
Calories from Fat 0

*Percent Daily Values are based on a 2,000 calorie diet.

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin A, vitamin C, and iron.