

High Protein Pumpkin Protein Pudding

Ingredients

- 1 package (1 oz) Butterscotch Jell-O Sugar Free Instant Pudding
- 1 cup skim milk
- 2 scoops Beneprotein® powder (or another protein supplement)
- ½ c. canned pumpkin
- ½ tsp. pumpkin pie spice
- ¼ tsp. cinnamon
- 1/8 tsp. nutmeg
- 1/8 teaspoon ginger



Nutrition Facts

Serving Size 1/2 cup	
Servings Per Container 4	
Amount Per Serving	
Calories 120	Calories from Fat 10
	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 410mg	17%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 9g	

Directions

1. Measure 1 c. cold skim milk
2. Add 2 scoops Beneprotein® to the one cup of cold milk and mix thoroughly by shaking or stirring
3. Using a fork, blend the dry pudding mix and spices in a bowl
4. Pour in the Beneprotein®/milk mixture
5. Add ½ cup canned pumpkin
6. Stir/beat until thoroughly mixed (a wire whisk or mixer works best)
7. Pour into small container and chill in the fridge.
8. Garnish with a graham cracker and fat free Cool Whip®
9. ENJOY!

Sugar-free Cranberry Sauce

Once you make homemade cranberry sauce, you will never be able to eat the canned stuff again! It is so fresh and delicious once everyone discovers it, you will wish you made more.

- One bag of fresh or frozen whole cranberries
- One orange, unpeeled and cut into quarters
- Pinch of ground cinnamon
- ½ -1 cup Splenda granular



Nutrition Facts

Serving Size 1/4 cup (36g)	
Servings Per Container 12	
Amount Per Serving	
Calories 15	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 2g	
Protein 0g	

Directions

1. Cook cranberries, orange pieces, and cinnamon in ½ cup water in a medium saucepan over medium heat until berries pop.
2. Turn down heat and simmer until berries are soft, and mixture is deep red and thickened, 20-25 minutes.
3. Remove from heat, and stir in Splenda.
4. Cool mixture and chill up to 3 days before serving.
5. If a smooth cranberry sauce is preferred, remove orange pieces then puree mixture in food processor or blender before chilling.