

Recipe of the Month – July 2019

Frozen Pudding Sandwiches

Serves 25

Serving Size: 1 sandwich

Cost per Serving: \$0.20

Ingredients:

2 cups nonfat milk

1 package (1-1.5 ounce) fat free, sugar free
pudding mix

1 cup creamy peanut butter

50 graham cracker squares (25 full sheets
broken in half)



Directions:

1. Stir milk, pudding mix, and peanut butter together with a whisk or fork. Stir until mixture is smooth and thick.
2. Use a tablespoon to spoon pudding mixture onto 25 of the graham cracker squares. Top with the rest of the 25 graham cracker squares to make sandwiches.
3. Place sandwiches on a baking sheet and put in the freezer. Freeze until firm (about 3 hours). Put sandwiches in a freezer bag or airtight container and store in the freezer.

Tips:

- Thaw sandwiches for 3 to 5 minutes at room temperature before serving.

Nutrition Facts per Serving: 130 Calories, 7g total Fat (1.5g sat. fat), 0mg. Cholesterol,
180mg Sodium, 15g Carbohydrates, 1g Fiber, 6g Sugar, 4g Protein

*Recipe compliments of Iowa State University Extension:
Healthy & Homemade Meals 2019 Nutrition & Fitness Calendar*



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