



NUTRITION CONSULTING INC.

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# Grandma's Vanilla Pudding

**Makes 4 Servings**

## What You Need

*Makes a nutritious and delicious  
dessert—tastes just like Grandma's!*

3 tbsp. corn starch  
1/3 cup sugar  
2 cups of skim or 1% milk  
1 egg, beaten

1 tsp. Vanilla  
1 tbsp. soft tub non-hydrogenated  
margarine or butter

## Per Serving

Calories 177  
Carbohydrates 28 g  
Protein 6 g  
Fat 4 g  
Dietary Fiber 0 g

## How You Prepare

Mix cornstarch and sugar together. Add milk and stir until dissolved. Microwave in a large glass bowl or cook on the stove in a pot until thick (be sure to stir occasionally while cooking). Whisk in beaten egg quickly. Cook another 1 minute and stir in vanilla and margarine/butter. Cool.