

High Calorie Puddings

High Calorie Pudding (vanilla or chocolate)

- 2 cups whole milk**
- 1 package (serving size: 4) vanilla or chocolate instant pudding
- 2 teaspoons vegetable oil
- 2 packages vanilla or chocolate instant breakfast powder



High Calorie Pudding (banana)

- 1 cups whole milk**
- 1 whole ripe banana
- 1 package (serving size: 4) banana cream instant pudding
- 2 teaspoons vegetable oil
- 2 packages vanilla instant breakfast powder

Directions for vanilla, banana and chocolate puddings:

Add vegetable oil to milk. Mix all other ingredients together. Follow the directions on the pudding mix for mixing and refrigeration time. Makes 4 to 5 servings.

Nutrition information: ½ cup is about 250 calories and 8 grams protein

Tip: Use other flavors of instant breakfast and instant pudding for more variety.

High Calorie Peanut Butter Pudding

- ½ cup creamy peanut butter
- 1 ½ cup whole milk**
- 1 package (serving size: 4) instant pudding (any flavor)

Slowly add milk to peanut butter. Blend until smooth. Add pudding mix, and beat slowly with hand beater or at lowest speed of electric mixer until smooth.

Nutrition Information: ½ cup is about 270 calories and 10 grams protein.

**consider substituting with soy, coconut or pea protein milk substitutes if needed

ALERT: Call your child's doctor, nurse, or clinic if you have any concerns or if your child has special health care needs not covered by this information.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.