

Maximum Nutrition and Pleasure for Minimum Calories™

Quick & Easy

*Just Bake
It Happen!*[®]



Pumpkin Pudding VitaTops

Ingredients:

12 RaisinBran VitaTops

1/2 cup pumpkin puree

1 pack of fat-free vanilla
pudding (99g)

5 oz. Cool Whip Lite[®]

1/8 cup finely chopped peacans

VitaRecipes:

**Pumpkin Pudding
VitaTops**

MAKES ONE DOZEN 2-OZ. VITATOPS

Original Vitatop: 100 Calories, 4g Fiber, 0g Fat.

As prepared below: 134 Calories, 5g Fiber, 2g Fat.



Instructions:

Use the donut baking pan to bake VitaBrownie Mix as instructed on the package.

In a medium bowl, combine fat-free vanilla pudding and reduced-fat buttermilk. Mix well and let stand until thickened. In a large bowl, beat 3 tbsp of natural zero-calorie sweetener (Truvia[®]) with fat-free cream cheese until smooth. Add the pudding and buttermilk to the bowl. Mix Well. Lastly, fold in whipped topping.

Once the donuts have cooled, frost them. For the finishing touch, place sprinkles over the VitaDonuts. Serve and enjoy!

Tip: Simply use a different pan if you'd like to turn this yummy recipe into VitaMuffins or VitaTops.