



Pumpkin Pudding
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This Easy Pumpkin Pudding is a creamy, easy-to-prepare dessert that celebrates fall with pumpkin flavor and warm spices. It requires just a few pantry ingredients and takes only about 5 minutes to make, making it perfect for a quick autumn treat. The pudding can be served chilled and topped with whipped cream and extra pumpkin pie spice for a festive presentation.

Servings: 6 → 42

PREP TIME
5 MIN

TOTAL TIME
5 MIN

Ingredients

6 pounds 9 ounces canned pumpkin purée
5 pounds 4 ounces evaporated milk, canned
2 pounds 4 ounces instant vanilla pudding mix
2 tablespoons plus 1 teaspoon pumpkin pie spice, (see linked recipe)

Nutrition

Calories 189, Total Fat 4g, Saturated Fat 3g, Trans Fat 0g, Polyunsaturated Fat 0g, Monounsaturated Fat 1g, Cholesterol 18mg, Sodium 210mg, Total Carbohydrates 33g, Dietary Fiber 2g, Sugar 24g, Protein 5g, Vitamin A 11177IU, Vitamin C 4mg, Calcium 184mg, Iron 1mg, Phosphorous 153mg, Potassium 338mg

Cooking instructions

1. Gather all ingredients and equipment.
CCP: Wash your hands with warm water and soap for at least 20 seconds
CCP: Follow community policies for major allergens and gluten regarding identification, labeling and measures to control cross contact.
2. Add the pumpkin purée, evaporated milk, instant vanilla pudding mix, and pumpkin pie spice to a blender.
CCP: Clean lids before opening canned goods.
3. Place the lid securely on the blender jar. Then, blend the ingredients until the mixture is fully incorporated and thick.
4. Refrigerate until time of service.
CCP: Refrigerate at 40° F (4°C) or below.
5. Hold for service.
CCP: Hold at an internal temperature of 41°F (5°C) and below.

Serving instructions

Serve 1/2 cup using a #8 scoop for approved diet types and textures.

****DIET TYPES****

Diabetic (CCHO): YES, 1/4 cup using a #16 scoop
Heart Healthy/Cardiac: YES
Low Sodium: YES
Vegetarian: YES
Gluten Free: GF pudding, refer to Gluten Free Tip Sheet for products

****TEXTURES & CONSISTENCIES****

FF: Make pudding pop using vanilla pudding or substitute cookie of choice
EC7/Soft/SB6: YES
MM5/PU4: YES, must pass Fork Drip and Spoon Tilt testing methods

Allergens

milk, lactose

Equipment

#8 scoop, #16 scoop, blender

Notes

Recipe adapted by RecipeTree.Pro for healthcare use/food service on 9.15.25. If desired, place a dollop of whipped cream on top of each serving and then sprinkle with a little extra pumpkin pie spice for presentation.

Tags

pu4, mm5, sb6, ec7, pureed, minced & moist, soft & bite sized, easy to chew, easy, regular, soft, heart healthy/cardiac, diabetic, low sodium, blender, #16 scoop, #8 scoop, vegetarian, dessert, snack, dinner, lunch, cold hold, goodlifeeats.com, parent recipe