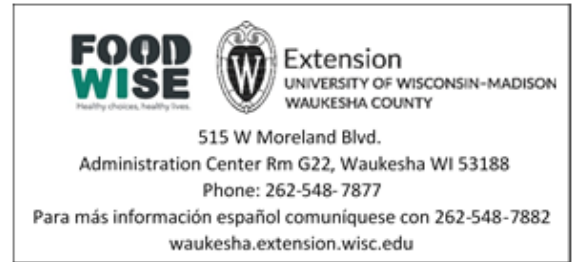


# Pumpkin Milk

Ingredients (makes 5-6 servings, serving size: 8 ounces)

- ½ (15 ounce) can Pumpkin puree
- 5 cups Low-fat milk
- ¼ cup Brown sugar
- 1 teaspoon Cinnamon



## Directions

1. Mix ingredients together in a blender or shake vigorously by hand until well mixed and enjoy!
  - Shake just before serving.

## Nutrition Information- Per serving

Calories	115	Total Sugars	18.5g	Sodium	130mg
Protein	5.8g	Total Fat	1.7g	Cholesterol	8mg
Carbohydrate	20g	Saturated Fat	1g	Fiber	1.3g

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program– SNAP and Expanded Food and Nutrition Education Program – EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act requirements.