



Pumpkin Pie Pudding

Profile Exchange values: 1 meal replacement + 1 free food

Number of Servings: 1

Ingredients:

- 1 packet Profile Pumpkin Spice Shake
- 1 tsp white chocolate sugar-free pudding mix
- 4-6 oz. cold water
- Fat-free whipped topping

Directions:

1. Combine all ingredients in small bowl and stir until smooth
2. Let chill for 5 minutes
3. Top with whipped topping and enjoy