



# Pumpkin Pie In a Bag



Yield: 1 individual ¼ cup serving

## Ingredients



- 1 Full Graham Cracker
- 3 Tbsp. Milk
- 1 Tbsp. Vanilla Instant Pudding Mix
- 1/4 Cup Canned Pumpkin
- 1/8 tsp Pumpkin pie spice OR  
\*Homemade Spice Below\*
- 2 Sandwich Ziploc Bag Per Person
- Spoon and Napkin
- 1 Small Cup per person
- Clean Scissors
- Whipped topping (optional)

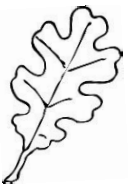


## Directions

1. Seal graham cracker in one of the Ziploc bags, remove all the air, then crush. Dump cracker crumbs into individual cups.
2. In second bag, combine pudding mix, spice mix on hand, and milk.  
\*\*Homemade Spice Mix- Mix 1 tsp cinnamon with ½ tsp nutmeg. Use 1/8 tsp for recipe.\*\*
3. Seal and remove air from bag then knead and squeeze the bag gently for about 1 minute until pudding like consistency.
4. Add pumpkin to the bag, seal again, mix and knead until mixture is same color and combined.
5. Move all the mixture to a bottom corner of the bag. Cut the corner with scissors and squeeze into the cups with graham cracker crumbs. Enjoy!

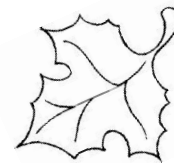


## Pumpkin Fun Facts



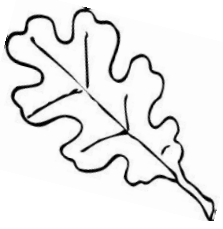
What Nutrients do you get from Pumpkin?

- **Vitamin A**-This keeps your vision sharp, and your eyes and skin healthy and bright.
- **Vitamin C**- Helps fight off infection and helps heal cuts and wounds
- **Pumpkin Seeds** are a great source of **Magnesium**. This mineral helps keep your bones strong, your heart healthy, and your muscles moving.



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# Draw Your Holiday Plate

Think of your favorite fall holiday and draw what foods would be on your plate at that meal. Try to include at least 1 fruit and 1 vegetable.

