

Peach Tapioca Pudding

Ingredients:

- 1 1/2 cups skim milk
- 1 egg, beaten
- 3 tablespoons sugar
- 1 dash salt (optional)
- 4 tablespoons quick cooking tapioca
- 1/2 cup orange juice
- 1/2 teaspoon vanilla
- 1/2 cup diced fresh or canned peaches, drained or cooked dried apricots, or prunes
- Sugar substitute to taste, if desired



Preparation:

1. Combine the milk, egg, sugar, salt, and tapioca in saucepan.
2. Cook on medium heat, stirring constantly, until the mixture boils.
3. Remove from the heat. Add the orange juice slowly, stirring constantly.
4. Return to the heat, stirring until the mixture boils. Remove from the heat.
5. Let it cool, stirring occasionally. Mix in the vanilla, fruit, and sugar substitute if a sweeter pudding is desired. Chill before serving.

Makes four 3/4 cup servings

Amount Per Serving	
Calories 150	Calories from Fat 15
% Daily Values*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Cholesterol 55mg	18%
Sodium 100mg	4%
Total Carbohydrate 28g	9%
Dietary Fiber less than 1 gram	2%
Sugars 19g	
Protein 5g	
Vitamin A 8%	Vitamin C 25%
Calcium 15%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	