



# pudding Dirt Cups



## Ingredients

Adapted from *thespruceeats.com*

- 2 cups cold milk
- 1 (3.9-ounce) package instant chocolate pudding (4 serving size)
- 8 ounces frozen whipped top-
- 1 1/2 cups crushed chocolate sandwich cookies (about 16), divided
- 20 gummy worms



## Directions

**Yield:** 5 cups **Serving size:** 10 servings

1. Whisk together milk and instant pudding for 2 minutes, until pudding is completely dissolved. Let stand 5 minutes to thicken.
2. Stir in frozen whipped topping and 1/2 cup of crushed cookies.
3. Spoon into 10 individual cups.
4. Sprinkle remaining crushed cookies over pudding mixture. Top each cup with 2 gummy worms. Chill for at least 60 minutes or until ready to serve.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!

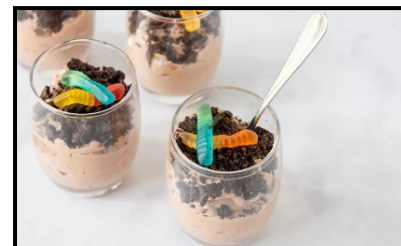
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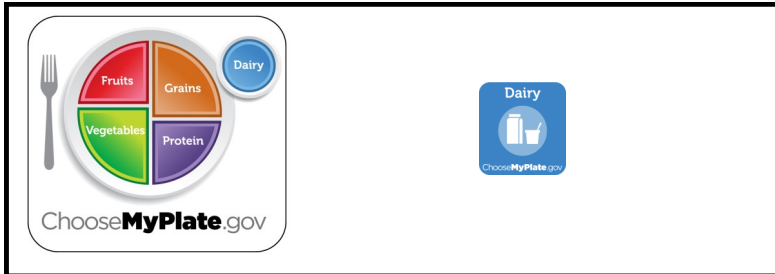
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# Fast Facts



## Featured Food Groups



## Cooking Tips



You can make your own "dirt" or "sand" cups using other ingredients:

- **Sandy Beach:** Use crushed golden Oreos or graham crackers and vanilla pudding. Decorate with little gummy bears "sunbathing" under cocktail umbrellas.
- **Dirty Rainbow:** Use food coloring to color vanilla pudding in the colors of your choice. Alternate layers of different colored pudding and crushed cookie "sand." Decorate with colorful gummy drops.

Nutrition Facts	
Servings: 10	
Amount per serving	
<b>Calories</b>	285
	<b>% Daily Value*</b>
<b>Total Fat</b> 11g	14%
Saturated Fat 7g	34%
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 143mg	6%
<b>Total Carbohydrate</b> 45g	16%
Dietary Fiber 1g	2%
Total Sugars 29g	
<b>Protein</b> 3g	
Vitamin C 0mg	1%
Calcium 76mg	6%
Iron 2mg	14%
Potassium 136mg	3%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

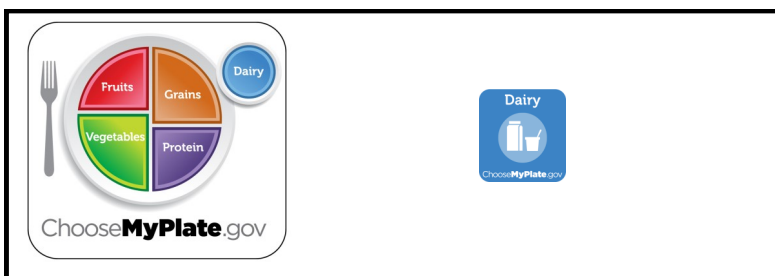
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