

Lemon-Strawberry
Pudding

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2 oz. cold water
1 packet [HMR[®] 70 Plus Vanilla](#)
1–1½ teaspoons lemon juice
½ cup strawberries

Calories: 135
Fruit Servings: ½

1. Empty packet of HMR 70 Plus into a small bowl or mug.
2. Add water and lemon juice and mix with a spoon until smooth.
3. Gently fold in fruit.
4. Optional: For a thicker, colder pudding, refrigerate for 10 minutes after mixing.