

Perfect Pistachio Pudding

Perfect Pistachio Pudding



2 oz. cold water
1 packet [HMR® 70 Plus Vanilla](#)
1 tablespoon sugar-free, fat-free instant
pistachio pudding mix

Calories: 135

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