

## Sweet Butterscotch Pudding

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

**Calories: 135**

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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 butterscotch pudding powder.
4. Optional: For a thicker, colder pudding, refrigerate for 10 minutes after mixing.