

# Instant Pudding

*This recipe makes 16 cups of pudding powder*



## Ingredients

**8 - 3.5 oz boxes** instant pudding, flavor of your choice  
**1 gallon** milk

## Directions:

1. Prepare two boxes of pudding mix at a time, following the package instructions.
2. Line a freeze dryer tray with silicone or parchment paper and evenly spread the prepared pudding mixture across the tray.
3. Cover the tray with a lid and freeze until completely solid.
4. Repeat steps 1-3 until all eight boxes of pudding have been mixed, spread, and frozen.
5. Once fully frozen, remove the lids and place the trays in the freeze dryer.
6. Freeze dry (my cycle time was 38 hours).
7. After freeze-drying is complete, powder the dried pudding either with a blender or in a ziploc bag and rolling pin.
8. Store in jars for short-term use or in mylar bags for long-term storage.

## Rehydration:

In a bowl, combine ½ cup of powder and 1/2 cup of cold water. Mix together and stir vigorously. This will make a ½ cup serving of pudding.

## Notes:

Pudding mix is a great addition to your baking! It helps give cookies a soft, chewy texture. It gives cakes extra moisture and a kick of flavor. It is also great to throw in your smoothies or yogurts!

## Nutritional Value Per ½ cup serving

Calories: 160 Protein: 4 g Fat: 3 g Carbohydrates: 31 g Sugar: 26 g Fiber: 0 g