

# #1

## Puddingwiches 1986 Heartland Cookbook

1½ cups milk  
1 pkg. vanilla or chocolate instant pudding mix  
½ cup peanut butter  
24 graham cracker squares

Mix milk and peanut butter with electric mixer. Add pudding mix. Put a spoonful of mixture on each of 12 graham square. Spread on cracker and top with another. Freeze. Serve frozen or slightly thawed.

Yields: 12 puddingwiches. Each is a grains/bread serving for snack for 1-5 year olds. Serve 2 for 6-12 year olds. Not enough PB in each to credit as a meat alternate serving. Pudding is not creditable for the CACFP.

## Smunchies Variation of above; 1990 Heartland Newsletter

1 (4 oz.) pkg. butterscotch or chocolate instant pudding mix  
2 cups milk  
2¼ cups peanut butter  
72 (2x2") graham cracker squares

With electric mixer combine pudding mix and milk. Add peanut butter. Put 2 Tbsp. of mixture on each of 36 graham crackers. Top with remaining squares and freeze on cookie sheets. Wrap individually in plastic wrap. Store in freezer and serve frozen.  
Yield: 36 servings.

Credit as: One = one grains/bread and one meat alternate (½ oz.) for snack for 1-5 year olds. Serve two for 6-12 year olds. Record as graham crackers and PB.