



College & Career
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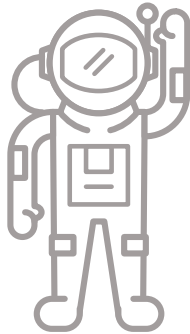
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Career Speaker Extension

ASTRONAUT PUDDING RECIPE



Everything the astronauts eat in space is freeze dried, dehydrated, or vacuum sealed in pouches. Because water is heavy, they can haul more dehydrated (water taken out) foods to space than they could normal foods. Because they make their own water aboard the International Space Station (ISS), astronauts can simply rehydrate (add the water) the foods just before they eat them.

Astronaut Pudding requires a few simple ingredients.

- A box of instant pudding mix
- Powdered milk
- Water
- Quart sized zip top bag
- Measuring cups and spoons
- A spoon to eat the pudding with

Follow these directions to create your own astronaut pudding.

1. Put $\frac{1}{8}$ cup of your favorite dry instant pudding mix into the zip top bag.
2. Add $\frac{1}{8}$ cup of powdered milk to the bag and mix it up. (This is how the package would arrive at the space station.)
3. When you are ready to eat, pour $\frac{1}{4}$ cup of cold water and seal the bag. (Cold water works best if you want your pudding cold.)
4. Double check that the bag is sealed, and then squish, squeeze, and mix the pudding until it is blended and starts to set up.
5. Open the bag, scoop your pudding out with a spoon and enjoy!
6. CONGRATULATIONS - YOU'VE MADE ASTRONAUT PUDDING!!