

**PUMPKIN PIE YOGURT PARFAIT** 1 portion**INGREDIENTS**

- 1/2 cup of pumpkin, canned, without salt (123 g)
- 2 tbsp nature's path granola
- 1 packet Stevia
- 1 container of yogurt, Greek, plain, nonfat (170 g)

COOKING METHOD

- ¹ Equipment: Small Bowl Instructions: Mix yogurt and pumpkin puree in a small bowl and add stevia, cinnamon, pumpkin pie spice to taste [if desired].

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (309 g)	% DRI
ENERGY	69 kcal	212 kcal	11 %
FAT	1 g	4 g	6 %
FATTY ACIDS, TOTAL SATURATED	0 g	1 g	4 %
CHOLESTEROL	3 mg	9 mg	3 %
SODIUM	25 mg	78 mg	3 %
CARBOHYDRATE	9 g	27 g	9 %
SUGARS	4 g	12 g	—
FIBER	2 g	5 g	19 %
PROTEIN	7 g	20 g	—