

Pumpkin Pie Parfait

Yield: 12 Servings



Ingredients	Measure	Directions
Low-fat Vanilla Yogurt	6#	<ol style="list-style-type: none"> 1. In a large bowl mix together pumkin, spice and honey. 2. Place 8 oz of yogurt into the bottom of clear cup. 3. Top with #8 dipper of pumpkin mixture. 4. Optional: Top with whipped topping. 5. Finish the top of the parfait with Chickpea Granola.
Pumpkin, canned	1, #10 can	
Pumpkin Pie Spice	3 Tbsp	
Honey	1 cup	
Whipped Topping Optional		

Serving Size	1 Serving Provides	Yield
1 serving = 8 oz yogurt, #8 pumpkin	2 oz. Meat/Meat Alternate	12 servings

Nutrients Per Serving					
<i>Calories</i>	210	<i>Saturated Fat</i>	0 g	<i>Iron</i>	4 mg
<i>Protein</i>	8 g	<i>Cholesterol</i>	0 mg	<i>Calcium</i>	202 mg
<i>Carbohydrate</i>	46 g	<i>Vitamin A</i>	1049 IU	<i>Sodium</i>	99 mg
<i>Total Fat</i>	5 g	<i>Vitamin C</i>	0 mg	<i>Dietary Fiber</i>	5 g