



# Pumpkin Parfait

**Servings:** 1

**Ingredients:**

- 1/2 cup low-fat vanilla yogurt
- 1 Tablespoon pumpkin, canned
- 1/4 teaspoon pumpkin pie spice

**Directions:**

1. Mix all ingredients together in a small bowl or medium sized cup.
2. Serve immediately or refrigerate.

**Nutrition Facts**

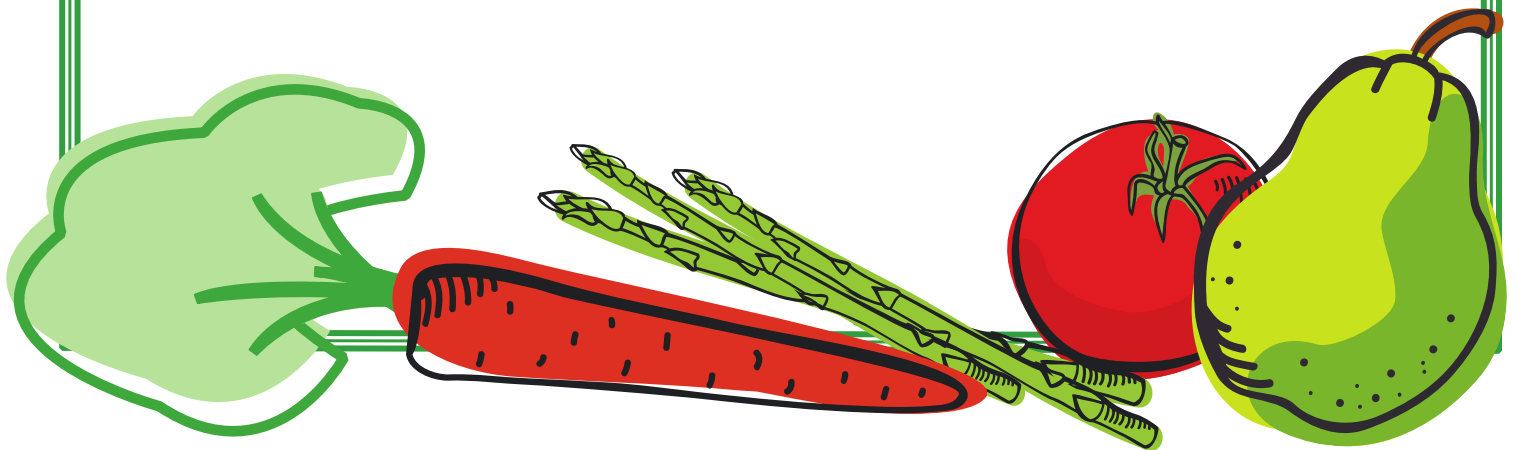
Serving Size 1/2 cup (358g)  
 Servings Per Container 1

Amount Per Serving	
Calories 160	Calories from Fat 10
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 60mg	<b>3%</b>
<b>Total Carbohydrate</b> 31g	<b>10%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 17g	

<b>Protein</b> 5g	
Vitamin A 410%	• Vitamin C 8%
Calcium 15%	• Iron 15%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g



This institution is an equal opportunity provider.

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP in cooperation with Maryland's Department of Human Services and University of Maryland Extension. The University of Maryland Extension will not discriminate against any person because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry or national origin, marital status, genetic information, political affiliation, and gender identity or expression.