



# PUMPKIN YOGURT PARFAIT

Love pumpkin pie, but don't want all the calories? Satisfy your pumpkin craving with this perfect blend of **creamy, sweet** and **crunchy!** Low in calories and fat, this treat is sure to dazzle your taste buds and fits in perfect with the Thanksgiving holiday.

## Ingredients:

- 1 cup fat-free or low-fat vanilla yogurt
- ¼ cup 100% Pure Pumpkin
- ¼ teaspoon pumpkin pie spice
- ½ cup low-fat or fat free granola

## Directions:

Combine yogurt, pumpkin and pie spice in small bowl. Divide mixture into ½ cup servings. Top with ¼ cup of granola.

Servings: 2    Serving Size: ½ cup yogurt, ¼ cup granola

Cost per recipe: \$2.50    Cost per serving: \$1.25



Compare our parfait recipe to a slice of pumpkin pie!

### Pumpkin Yogurt Parfait

| Nutrition Information      |
|----------------------------|
| Serving size: ¾ cup        |
| Calories: 200              |
| Total Fat: 1.5 g           |
| Saturated Fat: 0 g         |
| Monounsaturated Fat: 0.5 g |
| Polyunsaturated Fat: 0.5 g |
| Trans Fat: 0 g             |
| Cholesterol: 0 g           |
| Sodium: 121 mg             |
| Potassium: 118 mg          |
| Total Carbohydrate: 45 mg  |
| Dietary Fiber: 4 g         |
| Sugars: 20 g               |
| Protein: 7 g               |

### Edwards Pumpkin Crème Pie

| Nutrition Information    |
|--------------------------|
| Serving size: 1 slice    |
| Calories: 340            |
| Total Fat: 20 g          |
| Saturated Fat: 13 g      |
| Monounsaturated Fat: 0 g |
| Polyunsaturated Fat: 0 g |
| Trans Fat: 0 g           |
| Cholesterol: 10 mg       |
| Sodium: 290 mg           |
| Potassium: 90 mg         |
| Total Carbohydrate: 37 g |
| Dietary Fiber: 1 g       |
| Sugars: 25 g             |
| Protein: 3 g             |



Recipe from: <https://www.verybestbaking.com/recipes/141683/everyday-pumpkin-parfait/>  
Modifications by Abigail Kurowski, MS, RDN, LD



### The Scoop from the Pumpkin Patch

- \* Pumpkin comes from the Greek word “pepon”, which means large melon.
- \* Pumpkins are part of the gourd family, which also includes cucumbers, squashes and melons.
- \* Ohio is one of the top pumpkin producing states.
- \* Pumpkin flowers, leaves, flesh, and seeds are all edible.
- \* Pumpkin is low in calories and high in fiber, vitamin A, vitamin C, iron, and potassium.
- \* Pumpkin can be eaten in a variety of ways: sautéed or roasted, used in soups, sauces, breads, pies and pancakes.



### Carving Pumpkins? Don't Toss the Seeds!

- 🍂 Seeds are available in prepackaged containers as well as bulk bins.
- 🍂 Pumpkin seeds are a good source of zinc, iron and protein.
- 🍂 Enjoy these whole in a variety of ways such as in salads, cereals, breads, cookies and on top of yogurt.
- 🍂 Add ground seeds to homemade salad dressings, meatloaf and burger recipes.

### Roasting Pumpkin Seeds:

- 1. Preheat:** oven to 300°.
- 2. Toss:** pumpkin seeds in a bowl with olive oil and seasonings of your choice.
- 3. Spread:** pumpkin seeds in a single layer on baking sheet.
- 4. Bake:** for about 45 minutes, stirring occasionally, until golden brown.

*Note: An optional step before roasting the seeds is to rinse the seeds, boil them in salt water for ten minutes, drain, and then pat dry. Boiling in salt water will make them extra crispy.*

**Suggested Seasonings:** cajun, cinnamon, nutmeg, garlic, salt, etc.

<http://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/expert-blog/pumpkin-facts/bgp-20152396>  
<http://www.food.com/recipe/roasted-pumpkin-seeds-13549>



- 1¾ cups garbanzo beans
- 1 (15 ounce) can pumpkin puree
- 5 oz. lemon juice
- ½ cup extra-virgin olive oil
- ½ cup tahini paste
- 3 cloves garlic, minced
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon ground allspice
- salt to taste

Place the beans into a blender and puree until a smooth paste forms. Add the pumpkin puree, lemon juice, olive oil, tahini, garlic, cinnamon, nutmeg, and allspice. Cover and puree again until smooth. Season to taste with salt.

<http://allrecipes.com/recipe/168203/pumpkin-hummus/>  
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| Nutrition Information Per Serving |        |
|-----------------------------------|--------|
| Calories                          | 143    |
| Total Fat                         | 8 g    |
| Saturated Fat                     | 1 g    |
| Cholesterol                       | 0 mg   |
| Sodium                            | 70 mg  |
| Potassium                         | 234 mg |
| Total Carbohydrate:               | 14.5 g |
| Dietary Fiber                     | 4 g    |
| Sugars                            | 3 g    |
| Protein                           | 5 g    |