



November 12- Pumpkin Applesauce

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=17441>

Recipe

Ingredients:

- 1 ¾ cup canned pumpkin
- 2 cup unsweetened applesauce
- ½ cup apple juice
- ¼ cup brown sugar, packed
- 2 teaspoon pumpkin pie spice

Directions:

1. Mix all ingredients in pot.
2. Simmer until ingredients are well mixed and mixture is warm.

Yields 4 servings

Nutrition Facts

Serving Size 1/4 recipe (270.04g)

Servings Per Container 4

Amount Per Serving

Calories 150 **Calories from Fat** 5

% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **1%**

Trans Fat

Cholesterol 0mg **0%**

Sodium 10mg **1%**

Total Carbohydrate 35g **12%**

Dietary Fiber 5g **19%**

Sugars 27g

Protein 1g **3%**

Vitamin A 330% • Vitamin C 10%

Calcium 4% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.