



## 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	
<b>Calories</b> 150	Calories from Fat 5
% Daily Value*	
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	1%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 10mg	1%
<b>Total Carbohydrate</b> 35g	12%
Dietary Fiber 5g	19%
Sugars 27g	
<b>Protein</b> 1g	3%
Vitamin A 330%	• Vitamin C 10%
Calcium 4%	• Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet.	