



October 17- Granola Pumpkin Parfait

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=334461>

Recipe

Ingredients:

- ½ cup canned pumpkin
- ½ teaspoon pumpkin spice
- 1 cup low-fat vanilla yogurt
- ½ cup granola

Directions:

1. Combine the pumpkin pie spice and pumpkin in a small bowl.
2. Layer all ingredients in two parfait glasses and enjoy.

Yield 1 serving

Nutrition Facts

Serving Size 1 parfait (214.68g)
Servings Per Container 2

Amount Per Serving

Calories 280 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 2.5g **12%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 90mg **4%**

Total Carbohydrate 38g **13%**

Dietary Fiber 5g **18%**

Sugars 25g

Protein 11g **23%**

Vitamin A 190% • Vitamin C 6%

Calcium 25% • Iron 15%

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