



# RECIPES

## Pumpkin Yogurt Parfaits

### INGREDIENTS:

1 cup non-fat or low-fat plain greek yogurt  
½ cup canned pumpkin puree  
¾ tsp pumpkin pie spice  
2 tablespoons maple syrup  
½-1 cup granola

### INSTRUCTIONS:

1. Combine yogurt, pumpkin puree, pumpkin pie spice, and maple syrup and stir until combined.
2. Layer ¼ cup yogurt in 2 glasses. Sprinkle a layer of granola on top. Add an additional layer of yogurt and granola to each glass and enjoy!
3. Prepare parfait right before serving to ensure granola does not get soggy.

Serves 2

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