**HIGH PROTEIN PUMPKIN PARFAITS**

Makes 2 servings

Nutrition: 250 Calories-- Total Fat: 10.3g, fiber 3.2g, sugar 13.1g, protein: 17.7g,

**INGREDIENTS**

* 12 oz (1.5 cups) NON-FAT Vanilla Greek Yogurt
* ¾ canned pumpkin puree
* ½ tsp Ground cinnamon sprinkled ontop \* \* \*
* \* Optional:
	+ 1/8 cup chopped walnuts, pecans, or granola



**INSTRUCTIONS**:

split all ingredients in half and reserve---
LAYER all ingredients : )
½ cup pumpkin puree per mason jar
¾ cup NF Greek vanilla yogurt
¼ cup chopped nuts/granola—save to top 😊