**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 😊