

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
- $\frac{3}{4}$ canned pumpkin puree
- $\frac{1}{2}$ tsp Ground cinnamon sprinkled ontop * * *
- * Optional:
 - $\frac{1}{8}$ cup chopped walnuts, pecans, or granola

INSTRUCTIONS:

1. split all ingredients in half and reserve---
2. LAYER all ingredients :)
 - $\frac{1}{2}$ cup pumpkin puree per mason jar
 - $\frac{3}{4}$ cup NF Greek vanilla yogurt
 - $\frac{1}{4}$ cup chopped nuts/granola—save to top 😊

