



# Pumpkin Whip

**SERVINGS: 2 (1 SERVING = ¼ CUP)    PREP TIME: 10 MIN    COOK TIME: 5 MIN**

## Ingredients

- 15 oz canned pumpkin puree
- 5 oz 0% fat, plain Greek yogurt
- 1 package sugar free vanilla pudding mix
- 1/2 tsp pumpkin pie spice
- 1/4 tsp cinnamon
- 1 (8 oz) container light whipped topping

## Directions

1. Add all ingredients except the whipped topping to a medium mixing bowl.
2. Using a rubber spatula, stir ingredients for a few minutes until well incorporated.
3. Fold in whipped topping. Refrigerate until serving. Scoop 1/4 cup pumpkin whip into small ramekin and enjoy.

**MACROS: 68 kcal, Total Fat 2g, Carbs 12g, Sugars 1g, Protein 1g, Fiber 1g**