

Light Pumpkin Pie Frozen Yogurt (Fruit, Dairy)



Ingredients:

- 1/2 gallon carton vanilla fat- free frozen yogurt
- 1 can pumpkin puree
- 2 t pumpkin pie spice
- 1 t cinnamon

Directions:

1. Soften yogurt at room temperature.
2. Use blender to combine frozen yogurt with additional ingredients.
3. Return to freezer for half an hour.
4. May be served with chopped nuts or crushed graham crackers.
5. Leftover yogurt should be stored covered in the freezer.

Makes 16 servings.



This message brought to you by
Tarrant County Public Health
<http://health.tarrantcounty.com>