 **Pumpkin Pie Yogurt Parfait**

*Serves 1*

**Ingredients**

1/ 2 cup plain greek yogurt

¼ cup pumpkin puree

1 tsp pumpkin pie spice

1 tsp vanilla extract

¼ cup pecans

2 tbsp roasted pumpkin seeds

**Directions**

1. Combine greek yogurt, pumpkin puree, pumpkin pie spice, and vanilla extract in a bowl. Top with pecans and roasted pumpkin seeds.
2. To roast the pumpkin seeds: Preheat oven to 300 degrees F. Toss ½ cup seeds with 1 tsp melted butter and 1 tsp cinnamon. Spread on a baking sheet and bake for about 45 minutes, tossing occasionally to cook evenly.

**Nutrition**

*250 cals, 10g C, 14g P, 16g F*