

PUMPKIN YOGURT CHEESECAKE SHAKE

Bariatric, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1/6

Nutrition (per serving)

Calories: 129

Total Carbohydrate: 19

Total Fat: 3 g

Dietary Fiber: 2 g

Saturated Fat: 2 g

Protein: 6 g

Sodium: 116 mg

Ingredients

1 can (14oz) pumpkin, chilled

3oz reduced-fat cream cheese

1 container (6oz) low-fat vanilla yogurt

2 cups skim milk

2 Tbsp brown sugar

2 Tbsp Splenda

1/2 tsp vanilla extract

1/2 tsp cinnamon

1/8 tsp nutmeg

6 tsp graham cracker crumbs, optional

Directions

1. Place all ingredients (except graham cracker crumbs) in a blender and blend until smooth.
2. Pour into glasses and top each serving with a teaspoon of graham cracker crumbs, if desired. Yield: 6 servings