

# Baked Pumpkin Yogurt

## Ingredients for Life

This delicious baked pumpkin yogurt recipe is perfect for fall or winter! It's also a very filling snack and packed with flavor. Bake in a square pan or in a muffin tin for single servings. Sprinkle extra cinnamon on top before serving.

**Serves 9** Serving size: 1 square or baked yogurt cup **Prep time:** 5 minutes **Cook time:** 20–40 minutes **Total time:** 20–45 minutes

## Ingredients

- 3/4 cup nonfat vanilla Greek yogurt
- 3/4 cup pumpkin puree
- 4 eggs
- 2 Tablespoons flour
- 1 teaspoon vanilla extract
- 4 Tablespoons maple syrup or honey
- 1/4 tsp cinnamon

## Directions

### Baking Dish

1. Preheat oven to 350°F. Spray an 8x8 baking dish with cooking spray and set aside.
2. Whisk together yogurt, pumpkin puree, eggs, flour, vanilla, maple syrup, and cinnamon until well combined.
3. Pour batter into the baking dish.
4. Bake for about 35 to 40 minutes, or until the center is set (no longer jiggles when you move the pan).
5. Allow to cool for at least 5 minutes before cutting into squares.

### Muffin Tin

1. Preheat oven to 350°F degrees. Spray a muffin tin with cooking spray and set aside.
2. Whisk together yogurt, pumpkin puree, eggs, flour, vanilla, maple syrup, and cinnamon until well combined.
3. Fill each muffin tin about 3/4 full, leaving a little room.
4. Bake for about 20 to 25 minutes, or until the centers of each cup are set (no longer jiggles when you move the pan).
5. Allow to cool for at least 5 minutes before removing from the muffin tin. The cups will settle as they cool.



## Nutrition Facts

Serves 9	
<b>Serving size</b>	<b>1 square (75g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>87</b>
% Daily Value*	
<b>Total Fat</b> 2.4g	<b>4%</b>
Saturated Fat 0.8g	<b>4%</b>
<i>Trans</i> Fat 0.1g	
<b>Cholesterol</b> 93.9mg	<b>31%</b>
<b>Sodium</b> 43.9mg	<b>2%</b>
<b>Total Carbohydrate</b> 11.1g	<b>4%</b>
Dietary Fiber 0.7g	<b>3%</b>
Total Sugars 8g	
<b>Protein</b> 5.1g	<b>10%</b>
Vitamin D 20mcg	5%
Calcium 49.3mg	5%
Iron 1mg	5%
Potassium 127.8mg	4%
Phosphorus 51.4mg	5%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.