

# Pumpkin Applesauce

**SERVING SIZE:** ½ cup

**SERVINGS:** 2

**PREPARATION TIME:** 5 minutes

## INGREDIENTS:

- 1 cup unsweetened applesauce
- ¼ cup canned pumpkin
- ½ teaspoon cinnamon (optional)



## DIRECTIONS:

1. Combine applesauce, pumpkin, and cinnamon in bowl and mix well.
2. Serve.

## RECIPE TIPS:

- You can substitute Pumpkin Pie Spice for cinnamon
- You can enjoy this recipe as a snack on it's own, stir it into oatmeal, or spread it on toast.

## NUTRITION FACTS:

### Amount Per Serving

Calories	63
Total fat	0.2g
Saturated fat	0.1g
Cholesterol	0mg
Sodium	4mg
Total Carbohydrate	16.3g
Fiber	2.4g
Sugar	13.3g
Protein	0.6g
Potassium	155mg

## EQUIPMENT NEEDED:

- Small/Medium bowl
- Large Spoon or Rubber Spatula

Recipe Submitted by Waukesha County Extension FoodWise Program

Additional recipes available at: [healthyshelves.org](http://healthyshelves.org)