## Lifestyle Coaching and Food Institute



## Pumpkin Applesauce

Yield: 5 servings
Cost Per Serving: \$1.07
Cook Time: 5 minutes

## Ingredients:

- 1 15oz can pumpkin puree
- 123 oz jar unsweetened apple sauce
- 1 Tbsp pumpkin pie spice*


## *Pumpkin Pie Spice

- $1 / 2$ Tbsp ground nutmeg
- $1 / 2$ Tbsp ground cinnamon
- Dash of ground clove


## Directions:

1. Add pumpkin puree, apple sauce, and pumpkin pie spice to a bowl.
2. Mix ingredients.
3. Serve and enjoy!
