

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
- 1 23oz 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!

*Based on Walmart prices 11/22