



ME Recipe: Pumpkin Spice Frozen Yogurt

Ingredients:

- 1 C Greek yogurt, strained
- 1 C pumpkin puree
- 2 TB erythritol or xylitol or stevia
- 1 t pumpkin pie spice

Directions:

Combine all ingredients together in a mixing bowl until mixed well. Place the bowl in the freezer and stir every 30 minutes until it reaches the consistency of frozen yogurt. Enjoy!