

PUMPKIN BAKED YOGURT

Serves 3-4

INGREDIENTS

- 1 cup plain Greek yogurt
- $\frac{3}{4}$ cup pumpkin puree
- 4 eggs
- 2 Tbls. chickpea or coconut flour
- 1 tsp. vanilla
- $\frac{1}{2}$ tsp. pumpkin pie spice
- Optional mixins/toppings: chopped pecans/walnuts, cinnamon spice pepitas, date syrup, diced apple/pear, whipped cream, cinnamon sauteed apples on top



INSTRUCTIONS

1. Heat oven to 350F.
2. Whisk all ingredients together in a large bowl.
3. Grease an 8x8" baking dish and pour batter in. Bake for 30-35 minutes.
4. Let cool a bit before cutting into squares to serve.

NOTES

- Topping with whipped cream and sauteed apples is delish!