



## Pumpkin Pie Smoothie

**Servings:** 16 servings (1 serving = 8 fluid oz)

### Ingredients

| NAME   | WEIGHT     | MEASURE |
|--|------------|---------|
| <a href="#">Yoplait® ParfaitPro® Lowfat Vanilla Yogurt (16632)</a> | 4 lb       | 8 cups  |
| Juice, apple, unsweetened, chilled                                 | 2 lb 3 oz  | 4 cups  |
| Cinnamon, ground   |            | 2 Tbsp  |
| Ginger, ground   |            | 2 tsp   |
| Allspice, ground   |            | 1 tsp   |
| Sugar, brown   |            | ¼ cup   |
| Applesauce, unsweetened, chilled                                   | 1 lb 11 oz | 3 cups  |
| Pumpkin puree, canned  | 8 oz       | 1 cup   |

### **Method**

1. Combine yogurt, apple juice, spices and brown sugar in 8 quart or larger measurement-marked storage container; stir until well mixed.
2. Add applesauce, 2 cups at a time, stirring until smooth.
3. Add pumpkin and stir until smooth.
4. Verify mixture yields 4 quarts (16 cups) so each serving contains 1/2 cup fruit; add applesauce as needed to yield 16 total cups and stir.
5. Portion 8 oz into 9 oz serving cups; place lids on cups and serve chilled; refrigerate if not serving immediately. May also refrigerate overnight.