



# PUMPKIN BANANA PUDDING

## Pumpkin Banana Pudding

This creamy Pumpkin Banana Pudding is a delightful twist on classic banana pudding, perfect for fall! Layers of velvety pumpkin puree blend seamlessly with ripe bananas, cinnamon, nutmeg, and a hint of vanilla, creating a luscious, spiced dessert that's both cozy and refreshing.

### Ingredients

$\frac{3}{4}$  to 1 cup **vanilla Greek yogurt**, single-serve container  
 $\frac{1}{4}$  cup **canned pumpkin purée**  
 $\frac{1}{2}$  **banana**, chopped  
**Ground cinnamon or pumpkin pie spice**, optional for garnish

### Directions

1. In a small bowl, combine the vanilla Greek yogurt and canned pumpkin puree. Stir until smooth and fully blended.
2. Add the chopped banana and gently mix it in. Sprinkle with optional ground cinnamon or pumpkin pie spice. You can also garnish with a few extra banana slices on top for a fun presentation.

### Notes:

- Swap the vanilla Greek yogurt for plain Greek yogurt if you prefer less sweetness and want more control over added flavors.
- Add a tablespoon of chopped nuts, such as walnuts or pecans, for extra crunch and healthy fats.



*Recipe adapted from  
Healthy Recipe From Joy Bauer*