



## Freezy Does It Pumpkin Pie Bark



1/6th of recipe (1 slice): 81 calories, 3.5g total fat (2g sat fat), 41mg sodium, 9g carbs, 1.5g fiber, 6g sugars, 3.5g protein

Freestyle™ [SmartPoints®](#) value 3\*

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**Prep:** 10 minutes

**Freeze:** 2 hours

Tagged: [Dessert Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

### Ingredients

3/4 cup fat-free plain Greek yogurt  
3/4 cup natural light whipped topping (like [Skinny Truwhip](#) or [So Delicious Dairy Free CocoWhip! Light](#))  
1/2 cup canned pure pumpkin  
2 packets no-calorie sweetener (like Truvia)  
1 tsp. vanilla extract  
3/4 tsp. cinnamon  
1/4 tsp. pumpkin pie spice  
Dash salt  
1/2 oz. (about 2 tbsp.) chopped pecans  
1 tbsp. mini semi-sweet chocolate chips

### Directions

Line a 9-inch pie pan with parchment paper. (A springform pan works best.)

In a medium-large bowl, combine all ingredients *except* pecans and chocolate chips. Mix until smooth and uniform.

Spread mixture into the pan, and smooth out the top.

Top with remaining ingredients, and lightly press to adhere.

Freeze until solid, at least 2 hours.

MAKES 6 SERVINGS

[SmartPoints®](#) value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.