



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

Prep: 10 minutes

Freeze: 2 hours

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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

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