



## Pumpkin Cheesecake Shake

**Serves:** 6

**Prep Time:** 10 minutes

### Ingredients:

- 1 can (15 ounces) pumpkin, chilled
- 3 ounces reduced-fat cream cheese
- 1 container (6 ounces) low-fat vanilla yogurt
- 1/4 cup brown sugar
- 1/2 teaspoon vanilla extract
- 1/2 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 2 cups low-fat milk
- 6 teaspoons graham cracker crumbs

### Preparation:

Place the first 7 ingredients (except milk and graham cracker crumbs) in blender; blend until smooth. Add milk to blend with the mixture. Pour into glasses and top each serving with a teaspoon of graham cracker crumbs.

### Nutritional Facts:

#### *Nutritional Facts Per Serving:*

Calories:	150
Total Fat:	3.5g
Saturated Fat:	2.5g
Cholesterol:	10mg
Sodium:	135mg
Carbohydrates:	23mg
Dietary Fiber:	2g
Protein:	6g
Calcium	20% Daily Value

Cost/recipe:

**\$3.04**

Cost/serving:

**\$0.51**

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BASICS**

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