



DAIRY QUEEN PUMPKIN PIE BLIZZARD – MAKEOVER

INGREDIENTS:

- ½ Cup - Frozen Riced Cauliflower
- ⅓ Cup – Pumpkin Pie Filling (not pumpkin puree)
- ¼ Cup – Skim Milk (Try Fairlife milk. It's higher in protein)
- 1 Pint – Low Fat / Low Sugar Vanilla Ice Cream (I use Enlightened® Vanilla Bean)
- Pumpkin Pie Spice – season to taste
- Light cool whip – optional

Directions:

1. Prepare frozen riced cauliflower as directed on package, or as preferred. Once riced cauliflower is cooked, place in refrigerator to cool. This can be done the night before, if preferred.
2. In a blender, add the cooled riced cauliflower, pumpkin pie filling, and skim milk. Blend until creamy. Transfer to bowl or container.
3. Add vanilla ice cream to the cauliflower pumpkin mixture and stir well.

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4. Add pumpkin pie spice to taste and top with cool whip.

This tastes similar to the original Dairy Queen Pumpkin Pie version without the extra calories, fat, and sugar.

Nutrition Information:

Serving size: 3 – 8 oz. servings

Calories: 138; Fat: 2g; Carbohydrates: 28g; Added Sugar: 6g; Protein: 8g.



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