

## Cinnamon Ginger Coconut Roasted Pumpkin Seeds Add-on Suggestions

10 Net Carbs per bag



Item	Quantity	Estimated Carbs	Total Carbs w/ Pumpkin Seeds
<b>As a Topping for:</b>			
Nonfat Greek Yogurt			
Blueberry. Example: Chobani	1 5.3 oz container	net carbs: 17	27 net carbs
Strawberry Example: Chobani	1 5.3 oz container	net carbs: 18	28 net carbs
Plain: example - Kirtland brand	1/2 cup	net carbs: 5	15 net carbs
Ice Milk - For example, Arctic Zone			
Vanilla Bean	3/4 cup	18 net carbs	28 net carbs
Chocolate Chunk	1 cup	22.5 net carbs	32.5 net carbs
Toffee Crunch	3/4 cup	20 net carbs	30 net carbs
<b>With Fruit:</b>			
1 sliced Banana	7 inch	20 net carbs	30 net carbs
Fresh Blueberries	1.25 cup	22 net carbs	32 net carbs

\* These are suggestions, with estimated carbs based upon consumption of 2,000 calories per day. The exact net carb count will vary based upon your precise brands and quantities.

