

# Pumpkin Pie in a Jar



## **Servings: 4**

*For the Graham Cracker Crumble:*

*3/4 cup graham cracker crumbs*

*1/2 cup rolled oats*

*1/4 cup unsalted butter, melted*

*3 tablespoons brown sugar*

*1 teaspoon ground cinnamon*

*For The Pumpkin Filling:*

*1 can pumpkin puree (796-ml)*

*1 banana, mashed*

*1/2 teaspoon pumpkin pie spice*

*whipped cream*

**For the Graham Cracker Crumble:**

In a bowl combine graham cracker crumbs, rolled oats, melted unsalted butter, brown sugar, and ground cinnamon. Set aside.

**For the Pumpkin Filling:**

In bowl blend pumpkin puree, mashed banana, and pumpkin pie spice. Set aside.

**To Assemble the Pumpkin Pie:**

Into a 250-ml mason jar add 2 tablespoon of graham cracker crumble. Pack it down with the back of a spoon.

Spoon the pumpkin mixture on top of the graham cracker crumble until the jar is almost full.

Top with an additional 1 tablespoon of graham cracker crumble.

Top with whipped cream and sprinkle with pumpkin pie spice.

Serve

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**Per Serving (excluding unknown items):** 284 Calories; 14g Fat (42.9% calories from fat); 4g Protein; 39g Carbohydrate; 5g Dietary Fiber; 30mg Cholesterol; 89mg Sodium; 17g Total Sugars; 0mcg Vitamin D; 52mg Calcium; 2mg Iron; 319mg Potassium; 103mg Phosphorus. Exchanges: .