Pumpkin smoothie jars: plan one serving at a time

Ingredient ratios from a checked recipe and shopping sheet. Use this planning sheet with the full guide.

1. Use a checked one-serving ratio

The linked MedlinePlus recipe uses two-thirds cup vanilla yogurt, one-quarter cup canned pumpkin, two teaspoons brown sugar, one-quarter teaspoon cinnamon and optional one-eighth teaspoon nutmeg. Choose plain pumpkin rather than pumpkin pie filling.

2. Mix before filling the jar

Stir or blend until smooth, following the source. A sixteen-ounce jar is a container option, not a requirement to fill it. Taste preferences and yogurt choices alter sweetness and texture; do not infer nutrition values from our illustration.

3. Serve or chill

Use a clean food-safe jar and utensil. Serve promptly or refrigerate. Keep any crunchy topping separate until eating, and record the actual ingredients and preparation time on the sheet. This is refrigerated food, not a canning method.

Keep perishable food cold, follow actual food and container directions, and check ingredients and guest needs. Use the worksheet to organize ingredients and serving arrangements. Full instructions: figurenook.com/guides/pumpkin-smoothie-jars-plan-one-serving-at-a-time/

Your printable workspace

Yogurt 2/3 cup:

Pumpkin 1/4 cup:

Brown sugar 2 tsp:

Cinnamon 1/4 tsp:

Nutmeg optional 1/8 tsp:

Buying an item is optional. Use safe, suitable items you already own.