

Fun Fact of the Week

The Healthy Pumpkin Spice Flavored Snacks You've Gotta Try*

By Christy Brissette, RD

The pumpkin spice trend doesn't stop with lattes. Everything from marshmallows to instant oatmeal comes in pumpkin spice flavor now, but are there any healthy food options for pumpkin spice fans?

Try these seven new versions of your favorite snacks for the season. Act fast and get your taste buds primed for fall!

Chobani Blended Pumpkin Spice Greek Yogurt

Looking for a healthy breakfast or snack with some staying power? A container of this Greek yogurt packs in 12 grams of protein—that's double the amount of regular yogurt. Protein helps you stay fuller longer so you can fight off any pesky cravings. Chobani's Blended Pumpkin Spice Greek Yogurt is non-GMO and made with natural ingredients. (Yay for real pumpkin!)

It's free of artificial preservatives, sweeteners, and flavors, and it's made with milk from cows that are not treated with hormones such as rBST.



Nature's Path Flax Plus - Pumpkin Flax Granola

This organic granola has no artificial flavors, sweeteners, or GMOs. It's loaded with the goodness of pumpkin seeds and flaxseed, making it an excellent source of anti-inflammatory omega-3 fatty acids.

This granola also boasts 5 grams of fiber per serving, helping tide you over until lunch.

KIND Snacks - Caramel Almond Pumpkin Spice Bars

Just like KIND's other Nuts & Spices bars, their pumpkin spice flavor has 5 grams of sugar or less, which is 50 percent less sugar than the average nutrition bar. They don't use any sugar alcohols or artificial sweeteners either. And like all their snacks, this one is gluten-free.

This flavor will only be available until October, so stock up while you can!



Buff Bake Pumpkin Spice Peanut Butter

This fall-flavored peanut butter provides 11 grams of protein per serving thanks to the addition of hormone-free whey protein.

Plus, it has chia seeds and flaxseed for the added health boost of omega-3s. Use it in a smoothie to make it pumpkin spiced with minimal effort!

The Steeping Room Organic Pumpkin Spice Tea

Many pumpkin spice tea blends have sugar, caramel chips, or chocolate added to them. Some even have dehydrated whipped cream (say what)? The Steeping Room makes a pumpkin spice rooibos tea that's sugar-free, caffeine-free, and packed with antioxidants. As the days and nights get cooler, tea is a great way to keep warm and toasty.



Planters Pumpkin Spice Almonds

These limited-edition pumpkin spice California almonds are low in salt with just 25 milligrams per ounce. Almonds are good for your heart, your waistline, and more. A serving of these flavored almonds has 5 grams of sugar but also features 5 grams of protein and 3 grams of fiber for a slow and steady release of energy.

Starbucks Pumpkin Spice Latte - Lightened Up

For the die-hard #PSL fans out there, there is a way to order a lightened-up version of your Pumpkin Spice Latte at Starbucks. A grande PSL (16 ounces) is the equivalent of a big piece of cake with icing. It packs a shocking 380 calories, 14 grams of fat, and 50 grams of sugar.

If you *must* get your pumpkin spice latte fix, ask your barista to make yours nonfat with no whip—that'll bring the calories down to 260. Even better, save another 150 calories or so by ordering a brewed coffee with two pumps of pumpkin spice syrup (the typical grande pumpkin spice latte has four pumps of sugary syrup) and add a splash of nonfat milk.

