

# Pumpkin Pesto

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Serves about 1  
Protein: 2.5 g  
Calories: 553

## Ingredients

- 62 g Linguini
- 2 tsp Pesto
- 1/2 c Coffeemate, liquid, all flavors except Chocolate
- 25 g Pumpkin, cooked & mashed or canned
- 1/2 tsp Salt
- 1/4 tsp Pepper, black

## Directions

1. Cook pasta according to package directions and set aside.
2. In a small skillet over medium heat combine the pesto and nondairy creamer and lightly whisk. Once the creamer and pesto begin to slowly bubble, add the pumpkin and whisk to combine. Stir until the sauce begins to thicken about 2 minutes. Toss the prepared linguine into the sauce and coat well. Season with salt and pepper if desired.