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Pumpkin Roll

Ingredients

¾ cup all purpose flour	2 eggs
1 tablespoon + 1 tsp pumpkin pie spice, divided	1¼ cup nonfat Greek yogurt, divided
1 teaspoon baking powder	½ cup granulated sugar
½ teaspoon baking soda	9 tablespoons powdered erythritol or other powdered sugar alternative
pinch of salt	4 oz. cream cheese (1/3 fat cream cheese)
⅔ cup pumpkin puree	

Directions

1. Preheat oven to 375° F and grease a 15"x10" jelly-roll pan.
2. In a bowl, combine flour, 1 tablespoon pumpkin pie spice, baking powder, baking soda, and salt.
3. In a separate bowl whisk together eggs, pumpkin puree, 1/4 cup Greek yogurt, and granulated sugar.
4. Stir in flour mixture to the wet ingredients.
5. Spread cake batter evenly on jelly-roll pan and bake for 12-14 minutes.
6. During baking, sprinkle 3 tablespoons of powdered sweetener onto a clean dishcloth.
7. When cake is done, loosen edges and turn cake over onto dish towel. Roll the cake tightly and allow to cool for 1 hour.
8. During cooling, mix cream cheese, 6 tablespoons of powdered sweetener, 1 cup of Greek yogurt, and 1 tsp pumpkin pie spice until smooth.
9. When cake is cooled, spread filling evenly over the cake and carefully roll cake back up.

Capital Blue Cross is an Independent Licensee of the Blue Cross Blue Shield Association, serving 21 counties in Central Pennsylvania and the Lehigh Valley.

Nutrition Facts

10 servings

Calories	140
Total Fat	2g
Saturated Fat	1.5g
Cholesterol	10mg
Sodium	130mg
Total Carbohydrates	26g
Dietary Fiber	1g
Sugar	10g
Added Sugar	10g
Protein	5g