

GLEANERS

# Pumpkin Pie Parfaits



Makes 8 servings.  
Serving size: about 3/4 cup.

## Ingredients

- 1 box (3.4 oz.) sugar-free instant vanilla pudding
- 2 cups cold skim milk
- 1 can (15 oz.) pureed pumpkin
- 1/2 tablespoon pumpkin pie spice
- 1 cup crushed vanilla wafers, gingersnaps, or graham crackers
- 1 container (8 oz.) low-fat frozen whipped topping

## Directions

1. In a large bowl, whisk together pudding mix and milk. Allow to set for about 5 minutes, then stir in pumpkin and spices.
2. In small, clear jars or glasses, layer cookie crumbs, pumpkin pudding, and whipped topping. Repeat layers as desired. See back side for more mix-in ideas!
3. Chill until ready to serve, and enjoy!

Nutrition information per serving: 170 calories, 6 g fat, 4 g saturated fat, 25 g carbs, 2 g fiber, 14 g sugar, 4 g protein, 184 mg sodium

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## *Pumped for Pumpkin!*

- Pumpkin is an excellent source of carotenoids, which are converted by your body into vitamin A. These important nutrients support eye health and act as antioxidants to keep your immune system strong.
- Pumpkin is also rich in potassium, vitamin C, and fiber, all of which are linked to heart health.



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## *Other parfait mix-ins to try:*

- Granola
- Pomegranate arils
- Chopped nuts (pecans, walnuts, almonds, peanuts)
- Fall-colored sprinkles
- Mini chocolate chips
- Caramel syrup
- Shredded coconut



Recipe based on [belleofthekitchen.com](http://belleofthekitchen.com), photo from [www.ilovevegan.com](http://www.ilovevegan.com)

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