

LAYERED PUMPKIN PARFAIT

This pumpkin parfait encompasses the taste of pumpkin pie without the extra sugar, fat and calories!

Pumpkin Pudding:

- 1 C of 100% pure pumpkin
- ½ C almond milk
- 1 Pack of sugar free vanilla pudding
- 1 Tsp vanilla extract
- 1 Tsp sweetener (such as Truvia)
- ½ C fat free cream cheese

Mix all ingredients. Add cinnamon and nutmeg to taste. Refrigerate pudding while making crisp.

Crisp:

- ¾ C ground almonds
- ¼ C whole wheat flour
- ½ Tsp cinnamon
- 1 Tbsp Agave nectar

Mix all ingredients. Spread onto greased cookie sheet. Bake 5-10 minutes at 350°

until "crisp." Cool completely before layering with pudding. Alternate pudding and crisp, 2 to 3 layers, in a serving bowl or cup.

By Christina Carrillo