



## Pumpkin Pie Parfait



Entire recipe: 205 calories, 6g total fat (3.5g sat fat), 220mg sodium, 24.5g carbs, 6g fiber, 13.5g sugars, 13.5g protein

Freestyle™ [SmartPoints®](#) value 5\*

[SmartPoints®](#) value 6\*

Prep: 10 minutes



Tagged: [Dessert Recipes](#), [Vegetarian Recipes](#), [Recipes Developed for Our Partners](#), [Single Serving](#), [30 Minutes or Less](#)

### Ingredients

1/2 cup canned pure pumpkin  
1/8 tsp. pumpkin pie spice  
2 no-calorie sweetener packets  
1/2 cup light/low-fat ricotta cheese  
1/4 tsp. vanilla extract  
1/8 tsp. cinnamon  
2 low-fat honey graham crackers (1/2 sheet), crushed

### Directions

In a small bowl, combine pumpkin, pumpkin pie spice, and 1 sweetener packet. Mix well.

In another small bowl, combine ricotta cheese, vanilla extract, cinnamon, and remaining sweetener packet. Mix well.

Spoon half of the pumpkin mixture into a parfait glass (or any mid-sized glass). Top with half of the ricotta mixture. Repeat layering with remaining pumpkin mixture and ricotta mixture.

Sprinkle with crushed graham crackers, and enjoy!

MAKES 1 SERVING

This recipe was developed for our pals at partners at [Together Counts!](#)

[SmartPoints®](#) value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.