



Pumpkin Cream Parfaits



1/4th of recipe (1 parfait): 176 calories, 4g total fat (2.5g sat fat), 162mg sodium, 28g carbs, 4.5g fiber, 13g sugars, 8g protein

Green Plan [SmartPoints](#)® value 6*

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

Purple Plan [SmartPoints](#)® value 5*

Prep: 10 minutes



More: [Dessert Recipes](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

- 1 1/2 cups canned pure pumpkin
- 1 cup fat-free plain Greek yogurt
- 1 cup natural light whipped topping (thawed from frozen)
- 4 packets natural no-calorie sweetener
- 2 tsp. vanilla extract
- 3 sheets (12 crackers) cinnamon graham crackers, broken into small pieces

Seasonings:

- 1 1/2 tsp. cinnamon
- 1/2 tsp. pumpkin pie spice
- 1/8 tsp. salt

Directions

In a large bowl, combine all ingredients *except* graham crackers. Add seasonings, and mix until smooth and uniform.

Evenly distribute half of the pumpkin mixture into 4 medium glasses. Top with half of the graham cracker pieces. Repeat layering with remaining pumpkin mixture and graham crackers.

MAKES 4 SERVINGS

[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.