



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

Prep: 10 minutes



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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

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