

Cookie Rookie: Pumpkin Pie Parfaits

Submitted on Sat, 01/25/2020

Ingredients:

PUMPKIN PIE LAYER:

1 (15 ounce) can pumpkin

2 tablespoons half & half

4 tablespoons brown sugar

1 tablespoon (heaping) pumpkin pie spice

CHEESECAKE LAYER:

8 ounces low fat cream cheese

1½ cups vanilla greek yogurt

1 teaspoon vanilla extract

¼ cup agave nectar

1 tablespoon lemon juice (approximately half a lemon)

1 teaspoon pumpkin pie spice

FOR PARFAITS:

2 cups cinnamon granola (your favorite brand)

whipped cream or cool whip for topping

pumpkin pie spice for garnish

Instructions:

1. In a large bowl, stir together the ingredients for the pumpkin pie layer. Stir until

well combined. Set aside.

2. In a stand mixer, whisk together the ingredients for the cheesecake layer. Mix until creamy and fully combined. Set aside.

3. To assemble your parfaits, start with two tablespoons of the granola, followed by pumpkin pie layer, then more granola, then cheesecake layer, and so on. Top with whipped cream or cool whip and sprinkle with pumpkin pie spice.

4. Enjoy!

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