

PUMPKIN GINGERSNAP PARFAITS



ingredients:

- 1 ½ cups fat-free vanilla Greek yogurt
- 2 teaspoons vanilla extract, divided
- 4 ounces reduced-fat cream cheese, softened
- 15-ounce can pumpkin puree
- 2 Tablespoons brown sugar
- 2 teaspoons pumpkin pie spice
- 6 (2-inch diameter) gingersnap cookies

directions:

1. Add Greek yogurt, 1 teaspoon vanilla extract, and cream cheese to large mixing bowl. Beat on low speed until evenly combined.
2. Whisk together pumpkin puree, brown sugar, pumpkin pie spice and remaining vanilla extract in separate mixing bowl.
3. To serve, alternate spoonfuls of yogurt mixture with pumpkin mixture in serving glasses or small canning jars as desired. Top with remaining whipped yogurt and garnish with gingersnap cookie.

Yield: 6 servings

Nutrition Information Per Serving:

160 calories
4 grams Fat
2 grams Saturated fat
12 mg Cholesterol
148 mg Sodium
17 grams Carbohydrates
0 grams Fiber
8 grams Protein

Food exchanges:

1 milk, ½ fruit, 1 fat



**HENRY FORD
LIVEWELL**

in partnership with



For a demo of this LiveWell recipe, and for more wellness information, visit HenryFordLiveWell.com.