



## 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

**Prep:** 10 minutes



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### 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!](#)

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