

Pumpkin Peach Parfait
Makes 5 Servings

1 1/2 cups canned pumpkin
1 pkg. cheesecake sugar free instant pudding
2 cups 1% milk
4 t honey
1/2 t cinnamon
1/2 t nutmeg
1/4 t ginger
Pinch salt
1 cup peaches canned in juice, diced
3/4 cup granola



Prepare pudding according to package directions. Combine 3/4 cup pudding, pumpkin, honey, spices, and salt in a bowl. In a separate bowl mix the remaining pudding with the peaches. In a small glass place a quarter cup of pumpkin mixture followed by 1/4 of the peach pudding, and another 1/4 cup of pumpkin mixture. Top with 1/4 of the granola and serve.

Nutrition information per serving: 170 calories, 1.5g total fat, 5g dietary fiber, 7g protein, 230 mg sodium. Excellent source of vitamin A and Calcium.

