



Suzy Karadsheh's 5-Minute Pumpkin Greek Yogurt Parfait

Serve these parfaits as super-quick desserts, or even as a special post-Thanksgiving day breakfast. They happen to be gluten-free.

Makes 6 servings

One 15-ounce can pumpkin puree (or scant 2 cups homemade pumpkin purée)

1-1/4 cup whole milk Greek yogurt (2% is fine)

3 to 4 tablespoons Mascarpone cheese

1 teaspoon vanilla extract

2 tablespoons molasses, plus more for drizzling

2-1/2 tablespoons brown sugar

1-1/2 to 2 teaspoons cinnamon

Pinch of nutmeg

Chocolate chips and chopped hazelnuts or walnuts, for garnish

Place the pumpkin, yogurt, Mascarpone, vanilla, molasses, brown sugar, cinnamon, and nutmeg in a large bowl. Using an electric hand-mixer or a whisk, beat until completely smooth. Taste, adding additional brown sugar or cinnamon if desired.

Transfer to small (3-ounce) serving goblets or small mason jars. Cover and refrigerate until cold. Sprinkle with chocolate chips and chopped nuts, drizzle lightly with molasses, and enjoy.