

Pumpkin Pie Parfait

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Ingredients

Serves 2

Pumpkin Layer

3/4 cup canned pumpkin puree (the one without any spices)

1/4 cup full fat coconut milk

1/2 tsp pumpkin pie spice

2 1/2 Tbsp 100% pure maple syrup

1 tsp vanilla extract

Coconut Layer

1 cup unsweetened coconut yogurt (I love [YOSO](#) brand)

1-2 tsp 100% pure maple syrup

Granola Topping

2 Tbsp [Vanilla Maple Granola](#) or your favourite prepared granola

Parfait Glasses

2 glasses

*I really like to use parfait glasses to show off the layers of this dish but you could just as easily use bowls or even mason jars for a more rustic flair.

Directions

1. Prepare the Homemade Vanilla Maple Granola recipe first (if you're making it yourself). Once done, set it aside and allow it to cool.
2. Prepare the pumpkin layer by combining all of the ingredients in a bowl and stir to combine. Set aside.
3. Prepare the coconut layer in a separate bowl by combining the yogurt and maple syrup. Set aside.
4. In each glass, add a few spoonfuls of the pumpkin layer followed by a few spoonfuls of the coconut layer. You can create as many layers as you wish. Top each glass with the granola and enjoy!



LINK: <http://valeriepiccitto.com/blog/pumpkin-pie-parfait>

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