

Pumpkin Streusel Parfaits

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Servings: 6

*8 ounces frozen nondairy
whipped topping, thawed
1 1/2 cups vanilla wafer,
coarsely chopped
1 cup praline pecans,
coarsely chopped
1 can (15 ounce) pumpkin
puree'
1/2 cup low-fat vanilla
Greek yogurt
3/4 cup caramel sauce (or
syrup)*

Crush the cookies and chop the pecans.

In a bowl, combine the pumpkin and yogurt until smooth. Gently stir in 1-1/2 cups of whipped topping.

Place about 1/4 cup of the pumpkin mixture in each of six parfait glasses. Top with one tablespoon of caramel sauce, two tablespoons of cookie crumbles and one tablespoon of pecans. Then repeat the layers.

Top each parfait with a dollop of the remaining whipped topping and the remaining pecans.

Serve.

Per Serving (excluding unknown items): 280 Calories; 11g Fat (36.7% calories from fat); 2g Protein; 42g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 181mg Sodium. Exchanges: 2 Fat; 3 Other Carbohydrates.