

Pumpkin Parfait Delight

Ingredients

- 1 cup fat free ricotta
- 1 cup canned pumpkin puree
- 3 tablespoons instant cheesecake pudding mix
- 1/4-1/2 cup fat free milk (depending on the thickness of your liking)
- 2 teaspoon cinnamon
- 1 teaspoon ground nutmeg
- 1/2 teaspoon ground clove
- 1/4 teaspoon ground ginger
- 1 tub fat free whipped topping
- 1 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/4 teaspoon clove

Optional garnish

- Ginger snap cookie.

Instructions

1. In a food processor combine all the ingredients up to the whipped topping. Process until smooth.
2. In a medium bowl combine the whipped topping, cinnamon, nutmeg and clove.
3. Assemble into parfait glasses starting with pumpkin on the bottom, layer of whipped topping, then more pumpkin and finish with a dollop of whipped topping.