

# Pumpkin Gingersnap Parfaits

## INGREDIENTS (Yield: 6 servings)

- 1 ½ cups fat-free vanilla Greek yogurt
- 2 teaspoons vanilla extract, divided
- 4 ounces reduced-fat cream cheese, softened
- 1 can (15 oz.) pumpkin puree
- 2 Tablespoons brown sugar
- 2 teaspoons pumpkin pie spice
- 6 (2-inch diameter) gingersnap cookies

NUTRITION INFORMATION: 160 calories; 4 grams Fat; 2 grams Saturated fat; 12 mg Cholesterol; 148 mg Sodium; 17 grams Carbohydrates; 0 grams Fiber; 8 grams Protein

## DIRECTIONS

1. In a large mixing bowl, add Greek yogurt, cream cheese and 1 teaspoon of vanilla extract and beat with an electric mixer on low speed until evenly combined. In a separate mixing bowl, whisk together pumpkin puree, brown sugar, pumpkin pie spice and remaining 1 teaspoon of vanilla extract.
2. To serve, alternate spoonfuls of yogurt mixture with pumpkin mixture in serving glasses or small canning jars as desired. Top with remaining whipped yogurt and garnish each with a gingersnap cookie.