



Pumpkin Pudding Parfait

7 servings

Ingredients

- 1 (1-oz) package fat-free, sugar-free instant cheesecake pudding mix
- 1 2/3 cups skim milk
- 1 cup canned pure pumpkin
- 1/2 tsp cinnamon
- 1/8 tsp nutmeg
- 1 cup whipped topping, divided
- 7 gingersnap cookies, crumbled

Directions

1. In a medium mixing bowl, whisk together the pudding mix and milk for 2 minutes. Let sit for 5 minutes.
2. Fold in the pumpkin, cinnamon, and nutmeg.
3. Fold in 1/2 cup whipped topping and refrigerate for 10 minutes.
4. Scoop 1/2 cup pudding mixture into each parfait glass. Top each with remaining whipped topping and 1 crumbled gingersnap cookie.