

Pumpkin & Cranberry Parfaits



Ingredients

8 oz. cream cheese, softened

15 oz. can pumpkin puree

6 oz. plain Greek yogurt

1 tsp. ground cinnamon

1/4 tsp. ground ginger

1/4 tsp. ground nutmeg

1/4 tsp. allspice

1/8 tsp. ground cloves

1/2 cup dark brown sugar

2 Tbsp. maple flavor agave nectar

1 Tbsp. molasses

2-14 oz. cans whole berry cranberry sauce

Zest of one orange

1 cup very cold heavy whipping cream

3 Tbsp. powdered sugar

1/2 tsp. pure vanilla extract

1 Tbsp. chopped pecans

Fresh cranberries for garnish

Directions

Place cream cheese in a medium bowl of an electric mixer fitted with a paddle attachment and beat until creamed. Add pumpkin and yogurt and continue mixing until blended and smooth. Reduce speed to low then add spices, molasses and agave nectar and mix until thoroughly incorporated. Cover the bowl with plastic wrap and place in refrigerator.

Put a small glass bowl and beaters in the freezer to chill. Empty cans of cranberry sauce into a medium sauce pan and heat on low until warm. Add orange zest, stir and let simmer for 2 minutes. Remove from heat and place in fridge.

Take bowl and beaters out of the freezer. Pour very cold heavy whipping cream into the chilled bowl and beat on highest speed until cream begins to thicken. Add powdered sugar and vanilla and continue beating until stiff peaks form.

Remove pumpkin mix and cranberry sauce from refrigerator. Spoon small amounts into dessert cups creating layers as pictured. Sprinkle a few chopped pecans on top and garnish with 3 or 4 fresh cranberries. Serve immediately or return to fridge until ready to eat.