

PUMPKIN MOUSSE PARFAIT

(Makes ~8 cups)



INGREDIENTS

- 1(3.4 oz) package of instant vanilla pudding mix
- 1 tsp pumpkin pie spice
- ½ tsp cinnamon, and additional for topping
- ½ tsp salt
- 1 (15 oz) can of pumpkin puree
- 2 Tbsp maple syrup
- ¾ tsp of vanilla extract
- 1 cup 1% milk
- 1 ½ cup of heavy cream
(or 3 cups of thick ready-made whipped cream)
- 8 graham crackers, crushed

DIRECTIONS

1. In a large bowl, whisk together pudding mix, pumpkin pie spice, cinnamon, and salt.
2. Add pumpkin puree, syrup, vanilla, and milk to pudding/spice mixture, and beat with hand mixer until smooth.
3. In a large bowl, whip heavy cream until stiff peaks form (~8-10 minutes).
4. Fold 2 cups of whipped cream into the pumpkin mixture until smooth and uniform in color. Reserve remaining whipped cream for topping.
5. Spoon the mousse into 8x 9 oz cups, so there is about an inch of mousse covering the bottom of each cup. Top cups of mousse with half of the crushed graham crackers, and then cover with another inch of mousse.
6. Add a dollop of the remaining whipped cream to each cup, and sprinkle with remaining graham crackers. Add a dash of cinnamon if desired.

ENJOY!