



HEALTHY COOKING

Quick Pumpkin Parfait with Maple Aquafaba

Ingredients

Main Parfait Components

- 1 20 oz. can 100% pure pumpkin puree
- 1/2 cup lite coconut milk (unsweetened)
- 1 TBS. pumpkin pie spice
- 1 tsp. sea salt
- 1 tsp. nutmeg
- 1.5 cups graham cracker crumbs
- Stevia or Splenda to taste

Aquafaba (Chickpea liquid whip)

- 1 15.5 oz. can chickpeas/garbanzo bean (no salt or low sodium)
- 2 TBS. maple syrup
- 1 tsp. vanilla extract or vanilla bean paste
- *The "whip cream" needs made ahead of time and stored cold. At least one hour before use.

Directions

Aquafaba

1. Drain and reserve liquid of a can of chickpeas.
2. In a stand mixer, add reserved chickpea liquid, maple syrup and vanilla extract. Use whip attachment on medium speed until thick and airy. It will start to become voluminous within a few minutes. Be patient. Store in a container that has a lid in the fridge. You can re-whip if it falls and separates.

Parfait

1. In a medium bowl, whip pumpkin puree with 1/4 cup coconut milk. Adjust consistency with the extra 1/4 cup of coconut milk. Stir in salt, spices and sweetener.

Parfait Layering

1. Layer a parfait cup or disposabal 9 oz. clear cup starting with:
2. Aquafaba - graham cracker crumbs - pumpkin parfait mix - aquafaba - graham cracker crumbs - pumpkin parafit mix.

Tips

1. Store the unused chickpeas in fridge and use in a soup, hummus or as a salad topping.

Nutritional Information

Calories: 200 | Total Fat: 5 g | Saturated Fat: 4 g | Trans Fat: 0 g | Cholesterol: 0 mg
Sodium: 135 mg | Dietary Fiber: 8 g | Total Sugar: 7 g | Protein: 8 g

Number of Servings: 4 - 6

Prep Time: 20 minutes

Cooking Time: 0 minutes