

Pumpkin Pie Parfait

Serves: 2 or 4 tiny portions

Ingredients:

½ cup organic pumpkin puree

2/3 cup canned organic coconut cream (chilled overnight)

1 tsp. pumpkin pie spice (or ½ tsp, ground cinnamon plus ½ tsp. ground nutmeg and clove)

1 tbsp. yacon syrup, monk fruit or stevia to taste

1/3 cup Navitas Coconut Hemp Pumpkin Seeds OR Portal Paleo Granola)

Method:

- Without shaking or incorporating, scoop coconut cream layer into small bowl.
- Make pumpkin mousse by combining pumpkin puree, 2 tbsp. coconut cream and spice in a medium bowl. Whip until smooth. If too thick, add a tablespoon of coconut liquid in.
- Press coconut hemp pumpkin seeds into 4 oz. ramekin or parfait cup (mason jar is perfect!)
- Scoop or pipe 1 tbsp. pumpkin pie mousse on top of seed base.
- Layer 1 tbsp. coconut cream on top of mousse layer.
- Repeat layering process and top with sprinkle of coconut hemp pumpkin seeds.