



Pumpkin Spice Parfait



Pumpkin Spice Parfait

Ingredients

- 1) Annum[™] Materna Plain -
3 scoops (36gm) or 1 stick pack
- 2) Pumpkin (steamed and mashed) -
80gm
- 3) Pumpkin Spice - 2gm
- 4) Maple Syrup (optional) - 25gm
- 5) Yogurt - 100gm
- 6) Granola - 40gm
- 7) Raisins - 12gm
- 8) Roasted Almonds (chopped) - 10gm



Pumpkin Spice Parfait

Directions

- 1** Blend the mashed pumpkin, pumpkin spice, maple syrup, yogurt and Annum[™] Materna milk powder.
- 2** Pour half of the pumpkin-yogurt mixture into a mug, top off with granola and raisins.
- 3** Pour remaining pumpkin-yogurt mixture over the granola and top off with chopped almonds.

