



Five-Minute Pumpkin Parfait

By Chef Veera Gaul, Ph.D.



Ingredients

(* indicates my preferred ingredients – see notes for alternatives)

1 can (15 oz) pumpkin puree or sweet potato puree

1 ¼ cup Greek yogurt

4 tablespoons mascarpone cheese

1 tablespoon O&V **Melipone Vanilla** *

2 ½ tablespoons brown sugar

2 teaspoons ground cinnamon

¼ teaspoon all-spice

Runamok Salted Caramel Maple syrup (optional for additional sweetness)

Toppings:

2 tablespoons Runamok **Salted Caramel Syrup** *

Chocolate Chips

Candied pecans

Chocolate Sauce or **Hazelnut Crème** *

Whipped cream

Preparation

Place the pumpkin puree, Greek yogurt, mascarpone cheese, vanilla, sugar, cinnamon and all-spice in a bowl and whisk together well with a hand-held electric mixer.

Taste and adjust the sweetness and spice levels to your liking with additional sugar, a little maple syrup or additional spices. Mix well to combine

Transfer to individual ramekins or serving goblets. Cover and refrigerate for 30 minutes or overnight.

To serve, top each with some chocolate chips, [candied pecans](#), a drizzle of Salted Caramel syrup, drizzle of Hazelnut spread and a dollop of whipped cream

Serves 6

Active time 5 minutes Total Time: 35 minutes includes refrigeration time

Notes

* I love the flavor and aroma of the **Melipone Vanilla**, but any other high-quality vanilla can be used. The **Runamok Salted Caramel maple syrup** adds wonderful flavor, and the [Hazelnut Crème](#) is delicious too, but feel free to change these out to other preferred toppings.

All highlighted products are available at [Oil & Vinegar stores](#)

Categories: Dessert, Sweets, Five Minute Pumpkin Parfait, Sweet Potato Mousse, Fall Dessert, Healthy, Mediterranean Diet,