

GLUTEN FREE SENSATIONS

APPLE PUMPKIN CRUNCH PARFAIT



- 3/4 Cup cold milk
- 1 (3.5 oz) package of instant vanilla pudding mix
- 2 Cups whipped topping
- 1 Cup canned pumpkin
- 1/2 Tsp pumpkin pie spice
- 1 Cup **Gluten Free Sensations Apple Crisp Granola**

Directions:

Beat milk and pudding mix on low speed for about 2 minutes. Stir in the whipped topping, pumpkin and pumpkin pie spice; Mix well. Spoon some of the mixture into parfait glasses; top with **Gluten Free Sensations Apple Crisp Granola**. Repeat layers. Top with additional whipped topping is desired.