

# 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.