

# Healthy Holiday Cranberry Pumpkin Parfait



## Ginger Whipped “Cream” Layer

½ cup cashews, soaked overnight, rinsed and drained  
½ cup water  
½ cup coconut oil, melted  
2 Tbsp. fresh ginger, grated  
2 Tbsp. honey

## Pecan Layer

1 cup pecans  
1 tsp. cinnamon

## Pumpkin Purée Layer

½ medium sugar pumpkin, peeled, seeded and cut into chunks  
¼ – ½ cup water  
1 tsp. cinnamon  
2 Tbsp. honey  
2 Tbsp. almond butter

## Cranberry Layer

1 cup frozen cranberries, thawed  
¼ cup honey

## ***Step By Step Cranberry Pumpkin Parfait Recipe Directions:***

**Step 1 – The Ginger Layer:** Place cashews and water in blender. Blend on high until smooth. Add melted coconut oil, fresh ginger and honey. Process until thoroughly blended. Chill in refrigerator until set.

**Step 2 – The Pecan Layer:** Place pecans and cinnamon in food processor and pulse until chopped.

**Step 3 – The Pumpkin Puree Layer:** Place pumpkin, cinnamon, Betsy’s Best and honey in food processor or high-speed blender. Pulse until puréed, adding water as needed.

**Step 4 – Cranberry Layer:** Place cranberries and honey in food processor and process until a chunky purée is achieved.

**Step 5:** Once all layers have been prepped, place a pecan layer in the bottom of a parfait glass. Top with pumpkin purée. Top with cranberry layer, then a layer of the ginger whipped “cream.” Repeat topping with more pecans until glass is filled.

**Step 6:** Enjoy your Cranberry Pumpkin Parfait!

**Recipe Yield:** Eight 1-cup servings. **Tip:** If you don’t want to use the mini dessert glasses this pumpkin parfait recipe could be doubled and placed in a trifle bowl as a centerpiece to your holiday party.