

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Pumpkin Pie Granola Parfaits (Paleo Style)

From www.paleomg.com

Serves: 4-5

For the pumpkin pie

- 1 (14 ounce) can of pumpkin puree
- 3 Tbsp almond butter (or sunbutter if you are nut free)
- 2 Tbsp maple syrup
- 1 tsp cinnamon
- ½ tsp nutmeg
- ¼ tsp allspice
- ¼ tsp powdered ginger
- Pinch of salt

For the coconut whipped cream

- 1 (14 ounce) can of coconut milk (refrigerated overnight)
- 1 Tbsp maple syrup
- 1 tsp vanilla extract

For the grain-free granola

1 cup (This is a previous recipe of the week that you can find on the website at www.webbwellness.com under the past recipes tab.)

1. Mix together all pumpkin pie ingredients together in a bowl until well combined.
2. In a different bowl, add the coconut cream that sits on top of the coconut water and whip together all coconut whipped cream ingredients until smooth (leave behind the coconut water for smoothies or whatever else).
3. In a bowl or jar, layer it up: pumpkin, whipped cream and grain-free granola.