

PUMPKIN PIE PARFAIT WITH CHICKPEA GRANOLA



YIELD: 12 servings

SERVING SIZE: 8 oz yogurt, #8 dipper
pumpkin mixture

PREP TIME: 25-35 minutes

COOK TIME: 30-40 minutes



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INGREDIENTS	WEIGHT	MEASURE	METHOD
PUMPKIN PIE PARFAIT			
Pumpkin, canned		1, #10 can	1. In a large bowl, mix together pumpkin, spices and honey.
Pumpkin Pie Spice		3 Tbsp	
Honey		1 cup	
Vanilla yogurt, low-fat	6 lb		To assemble parfait: 2. Place 8 oz of yogurt into the bottom of clear cup. 3. Top with #8 dipper of pumpkin mixture. 4. Optional: Top with whipped topping. 5. Finish the top of the parfait with 4 oz Chickpea Granola .
Whipped topping, optional			
CHICKPEA GRANOLA (makes 21 servings)			
Chickpeas, drained and rinsed	40 oz		1. Preheat convection oven to 325°F. 2. In a large bowl or container, mix together chickpeas and oats. 3. Next add honey and melted butter, toss together with chickpeas and oats to coat well. 4. Add spices and mix again to coat everything. 5. Line 2 sheet pans with parchment and spread your mixture out evenly onto the two pans. There should be some space throughout the mixture on the pan. 6. Bake in the preheated 325°F oven on LOW fan for 15 minutes. 7. Turn pans and bake for an additional 15 minutes. The oats should be browned and look for the chickpeas to begin to split open. 8. Place on a rack to allow granola to cool completely. Cover the rack and let the granola sit at room temperature overnight to dry. 9. Serve as topping for Pumpkin Pie Parfait .
Whole grain oats	42 oz		
Honey		½ cup	
Butter, melted		1 cup	
Ground cinnamon		2 Tbsp	
Pumpkin pie spice		2 Tbsp	

Meal Components per serving:

2 oz Meat/Meat Alternate, 2 oz eq Grains

Approximate nutritional contribution per serving:

297 Calories, 13 g Total Fat, 4 g Saturated Fat, 20 mg Cholesterol, 395 mg Sodium, 53 g Total Carbohydrate, 7 g Dietary Fiber, 11 g Protein, 1049 IU Vitamin A, 252 mg Calcium, 5.5 mg Iron.

COOLING: CCP: Cool to 70°F or lower within 2 hours and from 70°F to 40°F within 4 more hours. Place in shallow pans with a product depth of 2 inches or less and refrigerate or place shallow pans of product into ice bath, immerse pans into ice up to product level and stir frequently. Cover and label product.

SANITATION INSTRUCTIONS: Wash hands and exposed parts of arms before handling food, after handling raw foods, and after any interruption that may contaminate hands. Wash, rinse and sanitize all equipment and utensils before and after use. Return all ingredients to refrigerator if preparation is interrupted. Measure all internal product temperatures with a cleaned and sanitized thermocouple or thermometer every 2 hours.

