



Cheney
Brothers
FOODIE FRIDAY

PUMPKIN SPICE YOGURT PARFAIT

INGREDIENTS:

- 1 cup pumpkin puree
- 3 tablespoons maple syrup (Optional)
- 1 teaspoon pumpkin pie spice
- 3 cups nonfat vanilla Greek yogurt
- 1 cup granola
- 4 teaspoons maple syrup (Optional)