



Pumpkin-Gingersnap Trifles

Prep: 45 minutes plus cooling

Cook: 7 minutes • Makes: 8 trifles

Nonstick cooking spray

- 1½ cups chopped pecans
- ¼ cup honey
- ¼ teaspoon salt
- 1 can (12 ounces) evaporated milk
- 1 package (1 ounce) sugar-free fat-free vanilla instant pudding and pie filling
- 1 can (15 ounces) 100% pure pumpkin
- 1 teaspoon pumpkin pie spice
- 1 container (12 ounces) whipped topping, thawed
- 2 cups coarsely crumbled gingersnap cookies (about 7 ounces)

1. Line rimmed baking pan with foil; spray with nonstick cooking spray. In large nonstick skillet, toast pecans over medium heat 5 minutes or until fragrant and lightly browned, shaking pan often to prevent burning. Stir in honey and cook 2 minutes, stirring occasionally. Remove skillet from heat; stir in salt. Spread pecans in single layer on prepared pan; cool 30 minutes.

2. Meanwhile, in large bowl, beat evaporated milk and pudding and pie filling with whisk 2 minutes. Refrigerate 5 minutes. Stir in pumpkin and pumpkin pie spice. Refrigerate 10 minutes.

3. Into eight (12-ounce) parfait or water glasses, layer about ¼ cup pumpkin mixture, 1 tablespoon pecans, ¼ cup whipped topping and 2 tablespoons cookies; repeat layers. To serve, top each trifle with 1½ tablespoons whipped topping and 1 tablespoon pecans.

Approximate nutritional values per serving:

498 Calories, 28g Fat (12g Saturated), 13mg Cholesterol, 448mg Sodium, 54g Carbohydrates, 4g Fiber, 7g Protein

Helpful tip:

> Trifles can be prepared, covered and refrigerated up to 4 hours in advance. Top with whipped topping and pecans just before serving.