



Makes 8 Parfait Cups
Cook Time: 1 hours 30 minutes

INGREDIENTS:

FOR THE CASHEW VANILLA CREAM:

1 cup cashews
¼ cup maple syrup
2 teaspoons pure vanilla extract
¼ cup pecans or walnuts

FOR THE PUMPKIN PUDDING:

2 (15-ounce) cans pumpkin puree (3 cups)
1½ cups [date paste](#)
1 teaspoon cinnamon
½ teaspoon ground allspice

Pumpkin Parfait with Cashew Vanilla Cream

This is one of the easiest Thanksgiving desserts that I have ever made. It blends the spices in the pumpkin with vanilla cream very well. I love that it tastes so delicious and yet doesn't require any cooking except for toasting the pecans. Make and assemble it a day in advance, and it will be ready to serve instantly whenever needed.

By Darshana Thacker Wendel

- 1 To make the Cashew Vanilla Cream, soak the cashews in 1 cup water for at least 30 minutes.
- 2 Drain the water, and add the cashews, maple syrup, and vanilla extract to a blender. Blend until creamy. Chill in the refrigerator until ready to assemble.
- 3 Preheat the oven to 300 degrees. Spread the pecans or walnuts on a baking tray and toast in the oven for 10 to 15 minutes. Let cool.
- 4 Crush the nuts into smaller bits.
- 5 To make the pumpkin pudding, place the pumpkin, [date paste](#), cinnamon, and allspice in a food processor, and blend into a paste. Refrigerate for at least an hour.
- 6 Pour the pumpkin pudding evenly into 8 parfait cups, top each with some cashew cream, and sprinkle with the toasted nuts.
- 7 Refrigerate the parfait for at least an hour before serving.