



Pumpkin-Maple Cream Trifle

*This stunning dessert can be made a day in advance,
making it perfect for holiday entertaining.*

Prep time: 25 minutes

Total time: 4 hours, 30 minutes

Maple Walnuts (optional, see **Chef's Corner**)

- 1 box (14.4 oz/400 g) whole graham crackers (5 x 2 in./ 13 x 5 cm)
 - ½ cup (125 mL) plus 3 tbsp (45 mL) pure maple syrup (do not use maple-flavored pancake syrup), divided
 - 1 pkg (3.4 oz/102 g) cheesecake or vanilla instant pudding and pie filling
 - ½ cup (125 mL) milk
 - 1 can (15 oz) solid pack pumpkin (not pumpkin pie filling) (1¾ cups/425 mL)
 - 2 tsp (10 mL) pumpkin pie spice
 - 1 container (12 oz/1 L) frozen whipped topping, thawed, divided
- Additional pumpkin pie spice

1. **Soak graham crackers in syrup mixture.**

Prepare *Maple Walnuts*, if desired; set aside. Coarsely break graham crackers into **Stainless (6-qt./6-L) Mixing Bowl**. Place ½ cup (125 mL) of the maple syrup in **Small Batter Bowl**; microwave on HIGH 60 – 90 seconds or until hot. Pour hot syrup over crackers; toss to coat and set aside.

2. **Prepare pumpkin filling.**

For pumpkin filling, combine pudding mix and milk in **Stainless (4-qt./4-L) Mixing Bowl**; whisk until mixture begins to thicken. Add pumpkin and spice blend to pudding mixture; whisk well. Fold 2 cups (500 mL) of the whipped topping into pudding mixture; set aside.

3. **Prepare maple cream.**

For maple cream, combine remaining 3 tbsp (45 mL) maple syrup and remaining whipped topping in **Stainless (2-qt./2-L) Mixing Bowl**; fold gently. Attach open star tip to **Easy Accent® Decorator**; fill with ⅔ cup (150 mL) of the maple cream and set aside for garnish.

4. **Assemble trifle.**

To assemble trifle, place one-third of the graham cracker mixture over bottom of **Trifle Bowl**. Top with half of the pumpkin filling, spreading to edges. Top with another third of the graham cracker mixture. Top with remaining maple cream, spreading to edges. Top with remaining graham cracker mixture and pumpkin filling. Cover; refrigerate 4 hours or overnight. Garnish with *Maple Walnuts*, if desired, and pipe with reserved maple cream. Sprinkle with additional spice blend, if desired.

Yield: 24 servings

U.S. Nutrients per serving (about ½ cup/125 mL): Calories 180, Total Fat 7 g, Saturated Fat 3 g, Cholesterol 0 mg, Sodium 160 mg, Carbohydrate 27 g, Fiber 2 g, Protein 2 g

U.S. Diabetic exchanges per serving: 1 starch, 1 fruit; 1 fat (2 carb)

Chef's Corner: Soaking the graham crackers with hot maple syrup will soften the crackers to a cake-like consistency.

To make *Maple Walnuts*, combine 2 tbsp (30 mL) butter and 3 tbsp (45 mL) pure maple syrup in **(10-in./24-cm) Sauté Pan**. Stir over medium heat until butter is melted. Add 1 cup (250 mL) walnut halves and cook, stirring constantly, 5 – 7 minutes or until walnuts are evenly browned. Spread walnuts in a single layer on parchment paper; cool completely.