

# Pumpkin Mousse

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## Ingredients

- 1 1/2 cups cold fat-free (skim) milk
- 1 pkg (1.5 oz. each) fat-free, sugar-free vanilla instant pudding
- 1/2 can (15 oz.) pumpkin puree
- 1/2 tsp pumpkin pie spice
- 1/2 cup thawed sugar free or lite whipped topping

## Directions

1. Beat milk and pudding mix in a medium bowl with whisk for 2 minutes.
2. Blend in pumpkin and spice.
3. Fold in whipped topping.
4. Refrigerate one hour.

Serves 6 (1/2 cup servings).

This recipe doubles easily.

Per serving: calories 60, total fat 1 g, cholesterol 0 mg, sodium 240 mg, carbohydrate 12 g, fiber 1 g, protein 3 g