

Pumpkin Mousse

1 (15 oz.) can pumpkin puree 1 (1.4 oz.) box sugar free instant 2 cups sugar-free whipped chocolate pudding mix ¹/₄ cup skim milk

1 teaspoon ground cinnamon topping

Directions

- 1. Wash hands. In a medium bowl, beat together pumpkin, pudding mix, milk, and cinnamon until blended.
- 2. Gently fold in whipped topping. Chill until ready to serve. YIELD: 8 (1/2 cup) servings

Nutrition Facts per serving: 70 Calories, 0g total fat, 0 mg cholesterol, 150mg sodium, 15g carbohydrate, 5g dietary fiber, 1g protein



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