



Pumpkin Mousse

1 (15 oz.) can pumpkin puree 1 teaspoon ground cinnamon
1 (1.4 oz.) box sugar free instant 2 cups sugar-free whipped
chocolate pudding mix topping
¼ cup skim milk

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