

10/25/02

**Creamy Pumpkin Mousse**

10 servings

*8 servings ~ 2pts/serving*

- 1 can (16 ounces) solid-pack pure pumpkin *2*
- 1 package (6-serving size) instant sugar-free vanilla pudding mix *8*
- 1/4 cup low-fat (1%) milk *1/2*
- 1 teaspoon ground cinnamon
- 2 cups frozen light whipped topping, thawed *5*

1. In a medium bowl, with an electric beater on medium speed, beat the pumpkin, pudding mix, milk, and cinnamon until well blended.
2. Fold in the whipped topping until thoroughly blended, then spoon into a serving bowl. Cover loosely and chill until ready to serve.

**Nutritional Analysis, courtesy of the American Diabetes Association: Serving Size:** 1/2 cup  
**Exchanges:** 1 Carbohydrate **Per serving:** Calories 65 Calories from Fat 16 Total Fat 2g Saturated Fat 2g Cholesterol 0mg Sodium 207mg Carbohydrate 11g Dietary Fiber 1g Sugars 3g Protein 1g

**"OOH IT'S SO GOOD!!"**

► Check my web site often for my latest recipes, special product offers, and behind-the-scenes photos

Mr. Food, OOH IT'S SO GOOD!! and the Mr. Food likeness are trademarks of Ginsburg Enterprises Incorporated. © 2002 by Ginsburg Enterprises Incorporated.

All rights reserved.