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8 servings - 2pts/serving

10/25/02

Creamy Pumpkin Mousse

10 servings

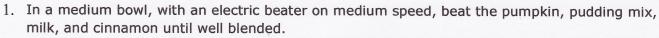
1 can (16 ounces) solid-pack pure pumpkin

1 package (6-serving size) instant sugar-free vanilla pudding mix 8

1/4 cup low-fat (1%) milk

1 teaspoon ground cinnamon

2 cups frozen light whipped topping, thawed



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

"00H IT'S SO GOOD!!""

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