

Pumpkin Mousse

Serving Size: 1/6 of recipe

Serves: 6

Ingredients

2 (1.4 oz) packages sugar free, fat free vanilla instant pudding
1 (15 ounce) can pumpkin puree (not pie filling)
1 oz amaretto liqueur
Pinch of ground cinnamon
Pinch of ground nutmeg
Pinch of ground allspice
4 cups sugar free, fat free whipped topping
Slivered almonds to garnish

Directions

1. In a large bowl, combine the pudding mix, pumpkin, amaretto and spices.
2. Fold in the whipped topping.
3. Garnish with a few slivered almonds on top and serve to someone you like.

Exchanges per serving:

2 Carbohydrate Choices, 1 Fat

Nutrients per serving:

Calories: 211

Calories from fat: 76

Total Fat: 8g

Cholesterol: 0mg

Sodium: 114mg

Total Carbohydrate: 27g

Dietary Fiber: 3g

Protein: 2g