Creamy Pumpkin Mousse Recipe

**SERVINGS: 4**  
**INGREDIENTS**  
1 15oz can pumpkin  
1 4oz package fat-free vanilla pudding  
2 cups sugar-free whipped topping (i.e., Cool Whip)  
½ cup skim milk  
1 tsp cinnamon  
Allspice, nutmeg, ginger, clove and Splenda, to taste  
  
**DIRECTIONS**

1. Mix all ingredients together.
2. Whip until creamy smooth.

**NUTRITIONAL ANALYSIS PER SERVING (1 cup)**  
Calories: 149  
Fat: 4.4 grams  
Protein: 2 grams  
Carbohydrate: 28 grams  
Cholesterol: 0 mg  
Sodium: 71 mg  
Sugar: 8.6 grams  
Fiber: 3.4 grams