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