



## Spiced Pumpkin Mousse

### INGREDIENTS:

- 8 ounces Fat free cream cheese
- 16 ounces Whipped topping, sugar free and dairy free
- 1/2 cup Confectioners sugar
- 1/2 cup Pumpkin, unsweetened
- 1 teaspoon Cinnamon
- 1/4 teaspoon Ginger, ground
- 1/4 teaspoon Cloves, ground
- 1/4 teaspoon Nutmeg, ground

### PREPARATION:

- In a mixing bowl, mix cream cheese, sugar, pumpkin, cinnamon, ginger, cloves and nutmeg until smooth.
- Fold in thawed whipped topping.
- Refrigerate, freeze, or continue to make a Spiced Pumpkin Mousse Pie.

*\*Chef's Note: This is great on its own or served as a Spiced Pumpkin Mousse Pie using the H3 Cream Cheese Pie Dough.*

**Servings: 16**

**Calories: 80**

**Fat: 1.5 grams**

BROUGHT TO YOU BY

*Hilton Head Health*



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