



# Pumpkin Mousse

Prep: 10 minutes | Chill: 1 hour | Total: 1 hour 10 minutes

Yield: 4 servings | Serving Size: ~ $\frac{2}{3}$  cup

## Ingredients

- 1½ cups lowfat (1%) milk
- 1 (3.4-ounce) package instant butterscotch pudding mix
- ½ cup 100% pure pumpkin puree (canned or cooked from fresh)
- ½ teaspoon ground cinnamon
- ½ teaspoon ground dried ginger
- ¼ teaspoon ground allspice
- 1 cup whipped topping, divided

## Directions

1. In a large mixing bowl, whisk together the milk and pudding mix for 2 minutes. Set aside.
2. In a medium mixing bowl, stir together the pumpkin, cinnamon, ginger, and allspice.
3. Add the pumpkin mixture to the prepared pudding. Stir to combine.
4. Gently fold ½ cup of the whipped topping into the pumpkin-pudding mixture until combined.
5. Divide the mixture between four serving bowls.
6. Refrigerate until set, about 1 hour.
7. Serve cold, garnishing each serving with 2 tablespoons of the remaining whipped topping.

## Recipe Notes

- To reduce the sugar content, substitute sugar-free instant butterscotch pudding.
- Substitute your favorite unsweetened non-dairy milk if desired.
- Try adding any leftover pumpkin puree to smoothies, oatmeal, soup, chili, or yogurt.

Nutrition Facts Per Serving: Calories: 175 | Total Fat: 3.5 g | Saturated Fat: 2 g  
Sodium: 440 mg | Total Carbohydrate: 32 g | Dietary Fiber: 1 g | Protein: 4 g

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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