

Pumpkin Mousse

1 pkg. instant vanilla
pudding, sugar free
(6 serving size)
3 cups skim milk
½ cup pumpkin,
solid packed
1 tsp. pumpkin pie spice
½ cup Cool Whip Lite®
1 cup plain yogurt
1 tsp. vanilla extract

Mix pudding and skim milk with wire whisk or mixer for 2 minutes. Fold in remaining ingredients. Spoon into cups or stemmed glasses. Garnish with a sprinkle of cinnamon and a dollop of Cool Whip Lite. Makes six servings.

Nutritional information per serving: 106 calories, 7 grams protein, 1 gram fat and 207 mg sodium.