

Dessert Pumpkin Mousse



Servings: 5 Total Time: 10 min

Ingredients

- 1, 3-4 oz packet of sugar free instant vanilla pudding
- 1 1/4 cup milk
- 1 cup pumpkin puree
- 1 cup sugar free cool whip
- 1 tsp pumpkin pie spice

Directions

1. Combine pudding mix and milk in large bowl; whisk together
2. Add in pumpkin puree and pumpkin pie spice
3. Mix until thoroughly combined
4. Fold in cool whip until combined
5. Serve or chill and serve later!
6. Optional: graham crackers and cinnamon to taste