



RECIPES

Mmmmm...Pumpkin Mousse

INGREDIENTS:

- 1 box (3.4oz) vanilla instant pudding and pie filling mix
- ¼ tsp pumpkin pie spice
- 2/3 cup (5 fl oz can) Evaporated Fat Free Milk
- 1 can (8 oz) or 1 cup 100% Pure Pumpkin
- 1 ½ cups thawed fat-free frozen whipped topping

INSTRUCTIONS:

1. Combine pudding mix and pumpkin pie spice in a medium bowl.
 2. With a whisk, add evaporated milk; mix until well blended. Add pumpkin; mix well.
 3. Gently fold whipped topping into pudding mixture.
 4. Spoon into serving dishes. Top with additional whipped topping and pie spices, if desired. Serve immediately or cover and refrigerate.
- Makes 6 half cup servings

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