

Pumpkin Mousse

Serving Size: ½ cup

Serves: 6

Ingredients:

1 15oz can pumpkin puree (not pumpkin pie filling)
1 tablespoon honey
2 teaspoons cinnamon
1 teaspoon nutmeg
1 teaspoon vanilla
2 teaspoons lemon zest
1 cup part skim ricotta cheese

Directions:

1. In a medium bowl, combine the first six ingredients. Mix well.
2. Fold in the ricotta cheese.
3. Refrigerate for 1 hour and serve.

Exchanges per serving:

1 Carbohydrate choice

Nutrients per serving:

Calories: 96

Calories from fat: 31

Total Fat: 3g

Saturated Fat: 2g

Cholesterol: 13mg

Sodium: 56mg

Carbohydrate: 12g

Dietary Fiber: 2g

Sugars: 6g

Protein: 6g