

RECIPE

Pumpkin mousse



Nutrition

Serving: **1g** | Calories: **83kcal** |
Carbohydrates: **3g** | Protein: **11g** | Fat: **1g** |
Fiber: **2g** | Sugar: **3g**

Ingredients

- 1 cup fat-free cottage cheese
- 1 scoop of vanilla protein powder, or unflavored protein powder
- 1/2 cup pumpkin puree
- 1/2 teaspoon pumpkin pie spice
- 1/2 teaspoon cinnamon
- 2 packets stevia, to taste (optional)

Instructions

1. Place everything in a blender, or small food processor and blend until smooth.
2. Serve immediately or cover and place in the refrigerator until chilled – it gets thicker in the refrigerator.
3. Top with whipped dairy-free coconut whipped cream

Tips

Make it into a pie by pouring it into a gluten, free Graham cracker crust.

You can replace the pumpkin puree with mashed up bananas to make a banana version.