



Pumpkin Mousse

“Succulent Squash”

Yield: 4 servings

Serving Size: 1/2 cup

Ingredients:

- 2 tablespoons low-fat milk
- 1 cup solid pumpkin
- 1 cup vanilla, low-fat yogurt

Directions:

Combine milk, yogurt and pumpkin and mix together until creamy (like a pudding mixture). Spoon into four dessert dishes. Serve immediately or chill. Garnish with ginger cookies and low-fat whipped topping, if desired.

(Each serving provides 63 calories, 1.2 grams fat, 0.8 grams saturated fat, 4 mg cholesterol, 49 mg sodium, 9.6 grams carbohydrate, 1.8 grams fiber, 6.7 grams sugar)

Source: Cornell Cooperative Extension, Warren County