

# Studio 5

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## “Pumpkin Mousse”

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Airy fall mousse - might be the perfect touch for Halloween party or Thanksgiving dinner dessert. Serves 12

### Ingredients:

- 1 envelop unflavored gelatin
- 3 tablespoons cold water
- 1 can (14 oz) sweetened condensed milk
- 1/3 cup packed brown sugar
- 1 package (8 oz) reduced fat cream cheese, softened
- 1 can (16 oz) solid pack pumpkin
- 2 teaspoons pumpkin pie spice\*
- 1/4 teaspoon salt
- 1 cup whipping cream, well chilled
- fine chopped pecans, optional garnish
- small gingersnap cookies, optional garnish

Place water in small custard cup, sprinkle gelatin over water and stir. Allow gelatin to soften.

Beat sweetened condensed milk, brown sugar and softened cream cheese until smooth and creamy. Add pumpkin, spices and salt; mix well.

Whip cream until soft peaks form.

Microwave gelatin on high for 10-15 seconds, in 5 second increments, stirring every 5 seconds until gelatin is completely dissolved. Rapidly whisk gelatin into pumpkin mixture. Fold whipped cream into pumpkin mixture. Spoon mousse into serving dishes; cover and refrigerate until ready to serve. To serve, sprinkle with optional chopped pecans and add an optional small ginger snap cookie for garnish.

### Notes:

Nutrition analysis does not include optional pecans and cookie garnish.

\* Pumpkin pie spice may be replaced with approximately 1 teaspoon cinnamon, 1/4 teaspoon nutmeg, 1/2 teaspoon ginger, 1/4 teaspoon allspice.

<b>Nutrition Facts</b>	
Serving Size approx 1/2 cup	
Servings Per Container 12	
Amount Per Serving	
<b>Calories 250</b>	<b>Calories from Fat 110</b>
% Daily Value*	
<b>Total Fat 12g</b>	<b>19%</b>
Saturated Fat 8g	<b>39%</b>
<b>Cholesterol 45mg</b>	<b>15%</b>
<b>Sodium 160mg</b>	<b>7%</b>
<b>Total Carbohydrate 29g</b>	<b>10%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 27g	
<b>Protein 6g</b>	
Vitamin A 180%	• Vitamin C 4%
Calcium 15%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	