

Low-Point Pumpkin Mousse

Ingredients:

- 3 Tbs "Limited Edition" Pumpkin Spice Philadelphia cream cheese (if you can't find this flavor of cream cheese you can also use 3 Tbs of 1/3 Fat Philadelphia cream cheese with 1 Tbs pumpkin pie spice)
- 1 cup 100% Pure Pumpkin (from a can)
- 1 Tbs Splenda
- 1/2 cup Cool Whip Lite
- 5, Keebler Ready Crust Mini Graham Cracker Pie Crusts
- Additional cool whip for topping
- Ground cinnamon for topping

In a bowl, combine cream cheese, pumpkin, and Splenda until blended. Fold in cool whip. Fill mini pie crusts with pumpkin mixture and top with 1 Tbs cool whip lite and sprinkle with cinnamon. Enjoy!

Total servings - 5

Serving size - 1

Points per serving - 4.2

Points plus per serving - 4.5

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)

***"I have chosen to be happy because it is good for my health."
- Voltaire***