

## **Pumpkin Fluff**

Ingredients:

- 1 cup canned pumpkin (not pumpkin pie filling)
- 1/2 Tbs. pumpkin pie spice
- 3/4 to 1 cup skim milk
- 1 cup fat free cool whip
- 1 package of sugar free fat free instant vanilla pudding mix

Mix together pumpkin, spice, and milk until blended. Add pudding mix and mix for 2 minutes. Fold in cool whip. Refrigerate.

Total servings = 5

Serving size = 1/2 cup

Points per serving = 1.4

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