

Earthly Pumpkin Mousse

Ingredients

4 sugar-free chocolate sandwich cookies
1 8 oz. package light cream cheese
1/3 cup Splenda sugar blend
1 15 oz. can pumpkin (not pie filling)
2 tsp. pumpkin pie spice
1 ½ cups non-fat whipped topping
Sugar-free gummy worms



Directions

Crush cookies to form fine crumbs and set aside.

In mixing bowl, beat the cream cheese and Splenda until smooth. Add the pumpkin and pie spice and mix well. Fold in whipped topping. Spoon into 8 dessert dishes and sprinkle with crumbs. Top with gummy worms

Makes 8 servings

Nutritional Information:

Calories:	135
Effective Carbs	24g
Fat	3.5g
Protein	5g

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