BetterBody Foods

Pumpkin Mousse

Prep: 15 min Cook: 0 min Total: 15 min Servings: 8

Calories: 304 Fat: 19g Protein: 3g Carbs: 31g Fiber: 1g

Ingredients

- 8 ounces cream cheese softened
- 1/2 cup BBF Agave
- 2 tsp pumpkin pie spice
- 15 ounces pure 100% pumpkin puree
- 1 pint whipping cream
- 1/4 cup BBF Agave
- 2 tsp vanilla

TOPPINGS:

- cinnamon
- candied pecans

Directions

1. In a medium-sized bowl, whip together the cream cheese, BBF Agave, and pumpkin pie spice until light, fluffy, and fully blended.Add the pumpkin puree and mix until combined.
2. In a separate bowl, whip together the whipped cream, BBF Agave, and vanilla extract until thick and medium peaks form.
3. Fold about 3/4 of the whipped topping into the pumpkin cheesecake mixture until fully combined.
4. Spoon the mousse into individual cups. Use the remaining 1/4 of the whipped topping to top the mousse, then sprinkle with cinnamon or candied pecans.
5. Enjoy your Pumpkin Mousse!