

# WHIPPED PUMPKIN DELIGHT

*Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian*

Serves: 12 (Serving= 1/4 cup)

## Nutrition (per serving)

Calories: 60

Total Fat: 2 g

Saturated Fat: 2 g

Sodium: 95 mg

Total Carbohydrate: 11 g

Dietary Fiber: 1 g

Total Sugars: 1 g

Added Sugars: 0 g

Protein: 0 g

PREP TIME: 5 min



## Ingredients

- 1 - 15 ounce can 100% pure pumpkin
- 1 - 1 ounce sugar free, fat-free butterscotch instant pudding mix (unprepared)
- 1 - 8 ounce tub light whipped topping, thawed
- 1/2 teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- 1/8 teaspoon ground nutmeg
- ½ teaspoon vanilla extract
- ¼ teaspoon almond extract



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## Directions

1. In a large bowl, use a hand mixer and mix pumpkin and pudding mix (unprepared) on low until combined.
2. Add the rest of the ingredients and continue to mix on low with hand mixer until thoroughly combined.

### *Serving suggestions:*

1. Serve as a dip with graham crackers or apples.
2. Use as layers between vanilla wafers and chopped apples in a trifle dish. Sprinkle dark chocolate chips on top.