



# WESTERN WISCONSIN HEALTH

## **NO BAKE PUMPKIN MOUSSE PARFAITS**

- 1/4 C. reduced-fat cream cheese
- 1 pkg. (4-serving size) vanilla instant sugar-free pudding
- 3/4 C. fat-free (skim) milk
- 1-15 oz. can solid pack pumpkin
- 1 tsp. ground cinnamon
- 1/2 tsp. ground ginger
- 1/8 tsp. ground cloves
- 3 C. reduced-fat whipped topping, divided
- 4 gingersnap cookies, roughly crushed

### **Nutrition Facts**

Serving Size (124g)  
Servings Per Container

Amount Per Serving

**Calories** 140      **Calories from Fat** 45

% Daily Value\*

**Total Fat** 5g      **8%**

Saturated Fat 4g      **20%**

Trans Fat 0g

**Cholesterol** 5mg      **2%**

**Sodium** 470mg      **20%**

**Total Carbohydrate** 25g      **8%**

Dietary Fiber 2g      **8%**

Sugars 6g

**Protein** 2g

Vitamin A 130%      •      Vitamin C 0%

Calcium 6%      •      Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

In medium bowl, beat cream cheese until smooth. Add pudding, milk, pumpkin and spices and beat on low; gradually increase to medium- high 1 minute or until smooth. Fold in 1 1/2 cups whipped topping. Stop mixing midway through to allow sides of bowl to be scraped. To assemble each parfait, spoon 1/4 cup mousse into eight 6-ounce wine or dessert glasses. Spoon 2 tablespoons whipped topping on top of mousse. Top with another 1/4 cup mousse. Cover and place parfaits in refrigerator. Chill for 1 hour. Just prior to serving, top each glass with a dollop of whipped topping and 1 to 2 teaspoons gingersnap crumbs.

**NUTRITION FACTS:** Serving size: 3/4 cups per serving, 8 servings