

Dessert

Pumpkin Mousse Pie

www.readycrust.com

Servings: 8

If you want to give your no-bake pie a golden crust, brush it with a beaten egg or egg white and bake it at 375 degrees for 5 minutes. Cool the crust before filling. Always place the baked crust on a cookie sheet prior to filling.

You may substitute 1 1/2 teaspoons of ground cinnamon, 3/4 teaspoon of ground ginger and 1/4 teaspoon of ground cloves in place of the pumpkin pie spice.

1 1/4 cups cold fat-free milk

1 package (4 serving size) vanilla flavor fat-free sugar-free instant pudding & pie filling

1 tablespoon pumpkin pie spice

1 cup canned pumpkin

1 tub (8 oz) frozen reduced-fat non-dairy whipped topping, thawed and divided

1 Keebler Ready Crust graham cracker reduced-fat pie crust

In a large bowl, beat the milk, pudding mix and spice with a wire whisk for 1 1/2 minutes.

Whisk in the pumpkin.

Fold in half of the whipped topping.

Spread the mixture into the crust.

Top with the remaining whipped topping.

Refrigerate for at least two hours.

Garnish as desired.

Store in the refrigerator.

Per Serving (excluding unknown items): 13 Calories; trace Fat (10.4% calories from fat); trace Protein; 3g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 2mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 0 Fat.