



No-Bake Pumpkin Pie, No Crust, No Added Sugar

Light and creamy, with a hint of spiced pumpkin pie

Yields: 8

Portion Size: 2 ounces or 1/4 cup

Ingredients

1 small package (1.4 oz)	Sugar Free Vanilla Pudding
1/3 Cup	Canned Pumpkin
2/3 Cup	Whipped Topping, in Mixture
1/8 Teaspoon	Ground Cinnamon
1/8 Teaspoon	Ground Ginger
1/8 Teaspoon	Ground Cloves
1 cup	Skim Milk
1 Teaspoon	Plain, Unflavored Gelatin Mix
1/4 Cup	Whipped Topping, on Top

Preparation

1. Whisk together 3/4 cup of the milk, pudding mix and pumpkin. Add spices. Mix gelatin in 1/4 cup of milk. Melt gelatin over a double boiler. Once melted, add about 1/4 cup of whipped topping and melt into the gelatin. Whisk the melted gelatin mixture into the pudding. Fold in the remaining whipped topping. Refrigerate before use.
2. Using a 1/4 scoop place one scoop of the filling into a swirl cup or serving dish, garnish with a small piping of whipped topping.
3. Enjoy!