

Pumpkin Mousse

Yield: 5 min
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/dairy-free-honey-pumpkin-pies-recipes>

Ingredients:

- 15 ounces pumpkin puree
- 7 ounces condensed milk
- 2 1/2 cups heavy cream divided
- 2 tablespoons light brown sugar
- 2 teaspoons ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground clove
- 1/4 cup ginger snaps crumbled

Nutrition:

1. Calories: 680 calories
2. Carbohydrate: 39 grams
3. Cholesterol: 210 milligrams
4. Fat: 57 grams
5. Fiber: 3 grams
6. Protein: 7 grams
7. SaturatedFat: 35 grams
8. Sodium: 310 milligrams
9. Sugar: 29 grams

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