

PUMPKIN CHEESECAKE MOUSSE

This recipe is best left for maintenance and/or special occasions. Makes 2-4 servings.



INGREDIENTS

- 1 cup heavy whipping cream
- 8 oz. cream cheese, softened
- 1/3-1/2 cup powdered Swerve, to taste
- 1/2 cup canned pumpkin
- 1 tsp. pure vanilla extract
- 2 tsp. pumpkin pie spice

DIRECTIONS

Add the heavy cream to a medium-sized mixing bowl. Beat for 3-4 minutes or until stiff peaks form.

In a separate medium-sized bowl, whip the cream cheese and Swerve until

light and fluffy.

Add the canned pumpkin, vanilla and pumpkin pie spice and mix well.

Gently fold the whipped cream into the pumpkin mixture.

Place into dessert dishes or small ramekins and chill. Top with more whipped cream and sprinkle with cinnamon, if desired.