SoyConnection By U.S. Soy

Pumpkin Mousse



Ingredients

8 ounces silken tofu
4 cup maple syrup
½ teaspoon lemon zest
1 tablespoon lemon juice
½ teaspoon vanilla
4 teaspoon cinnamon
½ teaspoon ground ginger
½ teaspoon ground cloves

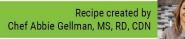
¼ teaspoon kosher salt 1 (14.5-ounce) can pureed pumpkin Optional: vanilla wafer cookies or whipped cream

Directions

In a food processor or high-speed blender, add tofu, maple syrup, zest, juice, vanilla, cinnamon, ginger, cloves, and salt. Process till smooth.

Add in half of pumpkin and puree.

Transfer mixture to a bowl and add remaining pumpkin. Whisk together till creamy. Cover and place in refrigerator for at least 3 hours, or overnight. Serve sprinkled with vanilla wafer cookies or a dollop of whipped cream.





Total Time: 3 hours, 10 minutes



Makes: 4 servings