

Pumpkin Mousse



Ingredients

8 ounces **silken tofu**

¼ cup maple syrup

½ teaspoon lemon zest

1 tablespoon lemon juice

½ teaspoon vanilla

¼ teaspoon cinnamon

⅛ teaspoon ground ginger

⅛ 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.

Recipe created by
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Total Time: 3 hours, 10 minutes



Makes: 4 servings