



## *A Recipe from Knowgluten.me*

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### **Gluten Free Pumpkin Mousse**

#### **Ingredients:**

- 1 can pumpkin (15oz)
- 1 can sweetened condensed milk (14oz)
- 2 cups Cool Whip
- 2 tsp pumpkin pie spice OR
- 1 tsp Cinnamon,
- 1/2 tsp ginger
- pinch of clove

#### **Directions:**

1. Combine pumpkin and sweetened condensed milk in a large bowl.
2. Stir in spices to taste.
3. Gently fold in Cool Whip.
4. Serve immediately or keep refrigerated in a sealed container.