



# Pumpkin Cheesecake Mousse

## INGREDIENTS

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- ½ cup pumpkin purée
- 8 oz cream cheese
- ¼ cup sour cream
- 2 scoops ketologie vanilla shake mix
- ½ tsp pumpkin spice seasoning

## INSTRUCTIONS

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In a mixing bowl or food processor combine all ingredients and blend until smooth. Portion out into mini mason jars or any small container you like. Chill for 30 minutes before serving.

Top with whipped cream and a dash of pumpkin spice seasoning or ground cinnamon.

**Pro Tip\*** make sure your cream cheese is completely softened before mixing. You can remove the cream cheese from the package and microwave 30 seconds at a time until soft for quicker results.

Nutrition Facts	
Pumpkin Cheesecake Mousse	
Amount Per Serving	
Calories 232.92	Calories from Fat 201
% Daily Value*	
Fat 22.37g	34%
Saturated Fat 12.65g	79%
Cholesterol 69.84mg	23%
Sodium 195.17mg	8%
Potassium 161.6mg	5%
Carbohydrates 4.89g	2%
Fiber 1g	4%
Sugar 3.27g	4%
Protein 4.01g	8%
Vitamin A 5617.19IU	112%
Vitamin C 1.29mg	2%
Calcium 79.34mg	8%
Iron 0.69mg	4%

\* Percent Daily Values are based on a 2000 calorie diet.