



# PUMPKIN CHEESECAKE MOUSSE

By Dr. Cindy Tanzar  
(Maintenance/Special Occasions)

A rich, creamy blend of pumpkin, cream cheese, and warm spices, this low-carb mousse is perfect for fall celebrations or special occasions. Light and fluffy with a hint of cheesecake flavor, it's a satisfying treat that feels indulgent without the guilt.

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.