



VEGAN EASY PUMPKIN MOUSSE

By Dr. Cindy Tanzar
(Maintenance/Special Occasions)

This light and creamy pumpkin mousse is a perfect fall-inspired treat that satisfies without compromise. Dairy-free and refined-sugar-free, it's ideal for those following a plant-based lifestyle or seeking a lighter dessert option. The rich coconut cream blends beautifully with spiced pumpkin, and the flavor deepens when made ahead, making it a great prep-ahead dessert for gatherings or cozy nights in. Top with toasted pecans, coconut flakes, or a dollop of coconut whipped cream for a decadent finish.

Makes 4 servings.



INGREDIENTS

1 cup coconut cream, refrigerate can overnight to separate cream from water
1/2 cup canned pumpkin
2 1/4 - 2 1/2 tsp. pumpkin pie spice
Liquid stevia drops, to taste (vanilla stevia is good, too)

**Toppings:**

Toasted pecans

Toasted coconut flakes

Coconut whipped cream

INSTRUCTIONS

Carefully scoop out the coconut cream in the can that has separated from the water into a medium bowl. Be careful not to shake the can. The cream will be runny otherwise (I have found, recently, less cream in these cans and more water, so may need 2 cans or cut recipe in half.)

Add the pumpkin, pumpkin pie spice and stevia. Whip with a mixer until fluffy and smooth. Adjust sweetener to your liking.

Depending on your particular can of coconut cream, If harder lumps of cream remain with mixing, you may need to let it sit out to soften, then beat.

To make coconut whipped cream:

Refrigerate one can of coconut milk or coconut cream overnight. Scoop out the solid cream only into a mixing bowl. Add 2 teaspoons vanilla and liquid Stevia to taste. Whip smooth with a hand mixer.

Pure coconut milk/cream whips much better than many of the brands today that are now adding guar gum as a thickener. If you're ever around a Trader Joe's, you can still pick up the pure stuff!