

## Pumpkin Whip

- 1 pkg. sugar-free fat-free vanilla pudding
- 2 cups skim milk
- 1 tub fat-free Cool Whip
- 1 can (15 oz) pumpkin
- 1 tsp pumpkin pie spice

Make pudding according to package directions. Fold in pumpkin and cool whip. Place in reduced-fat graham cracker crust if desired.

If made without crust 8 cups @ 1-Point per cup or Core + 1/2 Point. If made with crust it's 8 servings @ 3 points per serving or Core + 2 1/2 Points