

Pumpkin Fluff

A slice of pumpkin pie adds 230 calories to your meal. Here's a delicious low-calorie substitute.

1 box sugarfree instant vanilla pudding
1 small can pure pumpkin
Pumpkin pie spices to taste
2 cups fat free cool whip

Mix pudding as on box. Mix pumpkin and spices. Add cool whip.

Use as a pudding or put in pie crust for a chiffon pie.

80 calories/ 1-cup serving