

HEALTHY HOLIDAY

Hor d'Oeuvres

(ALL LESS THAN 100 CALORIES)

PUMPKIN FLUFF **(RECIPE BY KRAFT)**

67calories | 1g fat | 183mg sodium | 1.1g protein

- 1 15 oz. can pumpkin
- 1 3.4 oz. pack JELL-O
Vanilla Flavor Instant Pudding
(sugar free/low-fat)
- 1 tsp pumpkin pie spice*
- 1 8 oz. tub fat free
Cool Whip, thawed

In a med. sized bowl mix pumpkin, pudding, and pumpkin pie spice until thoroughly blended.

Gently fold in thawed Cool Whip.

Refrigerate for at least one hour before serving.