

SERVES 4

Sugar-Free Pumpkin Cheesecake Mousse

(Gluten-Free, Vegan, Low-Carb, Keto)

Isabellemckenzie.com | total time: 15 mins



INGREDIENTS

- 1 package cream cheese or vegan cream cheese, softened
- 1 cup pure canned pumpkin
- 1-2 teaspoons Pumpkin Spice liquid stevia or Vanilla Stevia to taste
- 1-2 teaspoon pumpkin pie spice
- 8 ounces of heavy cream or coconut cream
- 1/2 teaspoon vanilla

For "Cookie" Crust: [Sugar-Free Cinnamon And Banana Granola](#)

INSTRUCTIONS

1. On a medium speed beat cream cheese, pumpkin, stevia, pumpkin pie spice, and vanilla with a hand mixer until smooth and evenly blended. In a separate bowl beat heavy cream until stiff peaks. Fold your whipped cream into pumpkin filling until fully combined, being careful not to over mix.
2. Spoon Sugar-Free Cinnamon and Banana Granola into the bottom of serving glasses and pipe or spoon pumpkin pie mousse over the granola crust. Top with powdered cinnamon, toasted crushed pecans or sugar free chocolate chunks.

If you give this recipe a go, don't forget to tag me on Instagram @itsisabellem and using hashtag #cookingwithisabelle

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