

Pumpkin Mousse

Vegan Pumpkin Mousse that is almost TOO easy to make and definitely too easy to eat. Just 6 ingredients and a blender, and you have the dreamiest fall dessert!



Ingredients

- 1 can full-fat coconut yogurt or coconut cream
- 1/2 cup (125g) pumpkin puree
- 1/4 cup (80g) maple syrup
- 1 tbsp pumpkin pie spice
- 1 tsp vanilla extract
- 1/4 tsp salt

Instructions

1. Add all ingredients to the blender.
 2. Blend on medium-high speed until smooth, using the tamper or stopping to stir as necessary. Do not over blend or it will become too thin.
 3. Serve immediately or chill for 1-2 hours for a thicker texture.
 4. Top with coconut whipped cream and chopped nuts.
 5. Keep leftovers in the fridge.
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