



Frozen Pumpkin Mousse Pie

READY IN



285 min.

SERVINGS



12

CALORIES



247 kcal

DESSERT

Ingredients

- ☐ 1 cup percent milk reduced-fat
- ☐ 1 cup pumpkin puree canned
- ☐ 1.8 teaspoons powdered gelatin unflavored
- ☐ 2.5 cups gingersnap cookies
- ☐ 0.3 cup light-brown sugar
- ☐ 1 quart vanilla yogurt low-fat softened
- ☐ 0.3 cup maple syrup
- ☐ 0.8 teaspoon pumpkin pie spice
- ☐ 0.5 teaspoon vanilla extract pure

- ☐ 1 teaspoon vanilla extract pure
- ☐ 2 tablespoons vegetable oil
- ☐ 2 tablespoons water

Equipment

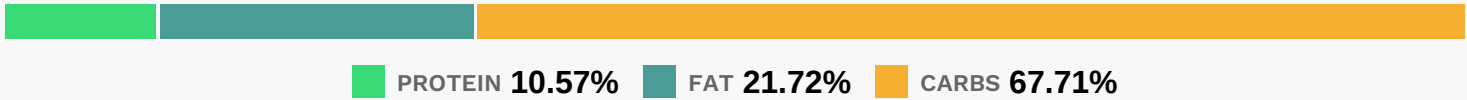
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ wire rack
- ☐ blender

Directions

- ☐ Preheat oven to 350 degrees F.
- ☐ Combine the gingersnaps, oil, and 2 tablespoons brown sugar in the bowl of a food processor; pulse to form fine crumbs. Press the crumbs into the bottom and up the sides of a 9-inch pie plate.
- ☐ Bake until the crust is set and golden brown, 10 to 15 minutes.
- ☐ Let cool completely on a wire rack.
- ☐ In a large bowl, stir together the pumpkin puree, vanilla, pumpkin pie spice and remaining 1/3 cup brown sugar until blended; stir in the frozen yogurt.
- ☐ Spread into the cooled pie crust and freeze until firm, about 3 hours. Wrap tightly in plastic to freeze up to 1 week.
- ☐ When ready to serve, transfer the pie to the refrigerator to soften slightly, about 30 minutes. Top with Maple Whipped Cream, if desired.
- ☐ Sprinkle the gelatin over the water in a medium bowl; let stand until absorbed, about 5 minutes. In a small saucepan, heat the milk until steaming.
- ☐ Whisk the hot milk into the gelatin to dissolve. Stir in the maple syrup and vanilla.

- ☐
- Place the bowl in a bowl of ice water and stir occasionally until just beginning to set around the edges, about 15 minutes. Using a hand-held mixer, beat the cold milk mixture on high until thick and fluffy, about 8 minutes.
- ☐
- Spread on top of the frozen mousse pie; swirl like a meringue topping.
- ☐
- Serve.

Nutrition Facts



Properties

Glycemic Index:3.04, Glycemic Load:1.65, Inflammation Score:-9, Nutrition Score:11.196521681288%

Nutrients (% of daily need)

Calories: 246.94kcal (12.35%), Fat: 6.02g (9.27%), Saturated Fat: 1.84g (11.52%), Carbohydrates: 42.25g (14.08%), Net Carbohydrates: 41.12g (14.95%), Sugar: 27.26g (30.29%), Cholesterol: 5.52mg (1.84%), Sodium: 196.66mg (8.55%), Alcohol: 0.17g (100%), Alcohol %: 0.14% (100%), Protein: 6.59g (13.19%), Vitamin A: 3232.21IU (64.64%), Manganese: 0.58mg (29.11%), Vitamin B2: 0.36mg (21.3%), Calcium: 195.58mg (19.56%), Phosphorus: 151.89mg (15.19%), Iron: 1.93mg (10.74%), Potassium: 348.64mg (9.96%), Vitamin B12: 0.52µg (8.7%), Selenium: 5.95µg (8.51%), Magnesium: 33.35mg (8.34%), Folate: 32.86µg (8.21%), Vitamin K: 8.18µg (7.79%), Vitamin B5: 0.69mg (6.85%), Vitamin B1: 0.1mg (6.5%), Zinc: 0.97mg (6.44%), Copper: 0.12mg (6.1%), Vitamin B3: 0.96mg (4.79%), Fiber: 1.13g (4.51%), Vitamin E: 0.65mg (4.36%), Vitamin B6: 0.08mg (4.03%), Vitamin C: 1.56mg (1.89%)