

Spiced Pumpkin and Oat Mousse



INGREDIENTS:

1 cup pumpkin puree (not pumpkin pie filling)
1 cup Greek yogurt (use coconut yogurt for a vegan version)
¼ cup pure maple syrup or to taste
½ cup rolled oats
1 teaspoon vanilla extract
½ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
A pinch of ground cloves
A pinch of salt
Optional toppings:
Chopped nuts, shredded coconut, or a sprinkle of granola

INSTRUCTIONS:

1. Blend the rolled oats in blender until they reach a fine, flour-like consistency.
2. In a mixing bowl, combine pumpkin puree, Greek yogurt, maple syrup, vanilla extract, ground cinnamon, ground nutmeg, cloves, and a pinch of salt. Add oat flour to the mix. Stir everything together until its smooth.
3. Cover bowl in plastic wrap or lid and refrigerator for at least an hour.
4. Once chilled, give mousse a stir. Spoon into serving bowls and add your choice of toppings. Enjoy.

