



**Elliott Evans Nutrition, LLC**  
**Prevent and Protect**  
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## **PUMPKIN MOUSSE**

Serves 8

- 1 Envelope unflavored powdered gelatin
- ¼ cup cold water
- ½ cup plus 2 tablespoons canned unsweetened pumpkin puree
- 4 large eggs, separated
- ¼ cup plus 2 tablespoons pure maple syrup
  - Pinch of freshly grated nutmeg
- ½ teaspoon pure vanilla extract
- ½ teaspoon ground ginger
- ½ teaspoon ground allspice
- ¼ teaspoon salt
  - 1 pinch of freshly ground white pepper
- 2 tablespoons dark rum
- ¼ cup sugar
- 1 cup heavy cream

Sweetened whipped cream, for serving (optional)

Pastry leaves, for garnish (optional)

- In small saucepan, sprinkle gelatin over the cold water, and let soften 5 minutes. Cook softened gelatin over medium heat, swirling pan, just until gelatin is dissolved; do not let boil. Let cool completely.
- Place pumpkin puree in a large bowl. Stir in softened gelatin, and then add egg yolks, maple syrup, nutmeg, vanilla, ginger, allspice, salt, white pepper, and rum. Whisk until fully blended.
- With an electric mixer on medium speed, whisk egg whites and the sugar to soft peaks. Gentle fold egg-white mixture into pumpkin mixture to combine. Whip heavy cream on medium high to stiff peaks, then gentle but thoroughly fold into pumpkin mixture.
- Divide mousse among 8-10 glasses; refrigerate until set, at least 2 hours, or up to 1 day, covered with plastic wrap. If desired, top each with a dollop of sweetened whipped cream and a pastry leaf before serving.