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Nutmeg and cacao are delicious superfoods for your brain, rich in neuron-healing antioxidants called flavonols that give chocolate its earthy flavor. Fatty cream—dairy or coconut—serves two purposes: adding a fluffy texture while aiding in the uptake of such nutrients as the beta-carotene found in the pumpkin.

NUTMEG CACAO NIB

Pumpkin Mousse

Place the pumpkin, $\frac{1}{4}$ cup of the cacao nibs, the honey or stevia, and the vanilla in a large bowl and mix well to combine. Set aside.

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per serving
229 calories
17 g (11 g) fat
(sat)
17 g carbs
11 g sugar
4 g fiber
2 g protein
15 mg sodium
— — — — —

If using the heavy cream, place it in a large bowl. Using an electric mixer, beat the cream on high speed for 3 to 4 minutes, or until the mixture is light, thick, and fluffy and clings to the sides of the bowl when tipped. Add half the whipped heavy cream or the whipped coconut topping to the pumpkin mixture, fold lightly to incorporate, and transfer to eight parfait glasses.

Top with the remaining whipped cream or whipped coconut topping and garnish with remaining $\frac{1}{4}$ cup of cacao nibs. Serve immediately or chill for up to 4 hours, until ready to serve.

SERVES 8

1 (15-ounce) can pure pumpkin puree
 $\frac{1}{2}$ cup cacao nibs
 $\frac{1}{4}$ cup honey, or 2 tablespoons stevia
1 tablespoon pure vanilla extract
1 cup chilled heavy cream, or 2 cups whipped coconut topping
1 teaspoon freshly ground nutmeg

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