

Mousse

From barixclinicsstore.com

1 1/2 cups cold skim milk
1 pkg. fat free, no-added-sugar
instant pudding (4 serving size)
1 cup Cool Whip Lite®

Pour milk into medium mixing bowl. Add pudding mix. Beat with a wire whisk for two minutes.

Gently fold in whipped topping. Spoon into individual dishes or medium serving bowl. Refrigerate until ready to serve. Makes 5 servings.

Nutrition information per serving: 83 calories, 3 grams protein, 3 grams fat, 311 mg sodium.

Summer serving suggestion: layer with fresh fruit (strawberries, raspberries, bananas) and garnish with a dollop of whipped topping and fresh fruit slice.