

Chocolate Mousse

1 1/2 cups skim milk, cold

1 pkg. fat-free, sugar-free chocolate instant pudding (4 serving size)

1 cup Cool Whip Lite®, thawed

Pour milk into mixing bowl. Add pudding mix. Beat with wire whisk 2 minutes. Gently stir in whipped topping. Spoon into individual dishes or medium serving bowl. Refrigerate until ready to serve. Garnish if desired. Makes 5 servings.

Nutrition Information per serving: Calories 83; Protein 3 grams; Fat 3 grams; Sodium 311 mg