

## **SALTY SWEET GELATIN**

1/2 cup sugar free gelatin  
2 Tbsp sugar free Cool Whip  
1 Tbsp chopped nuts

Dollop Cool Whip on gelatin and top with chopped nuts. Makes one serving.

Nutrition information per serving: 75 calories; 1 gram protein, 4 grams fat; 5 grams carbohydrate; 83 mg sodium.