

Strawberry Whip

- 1 large box of sugar free gelatin
- 2 24 oz container of low fat cottage cheese
- 1 12 oz container of Cool Whip Free ®
- 2 quarts of fresh or frozen strawberries

Prepare gelatin according to box directions and prior to refrigeration, mix in cottage cheese, Cool Whip Lite and strawberries. Refrigerate for at least one hour prior to serving.

Nutrition information per serving: 138 calories; 9 grams of protein; 1 gram of fat; 379 mg sodium