

Whipped Orange Fruit Salad

1 box sugar-free orange gelatin (8 serving size)

1 15 oz can mandarin oranges, drained

1 8 oz tub of sugar-free Cool Whip®

Prepare gelatin according to package directions and chill until soft but not firm. Add whipped topping and beat with electric mixer until well blended. Stir in oranges and chill for four hours. Makes 12 servings.

Nutrition information per serving: 72 calories, 0 grams protein, 2 grams fat, 12 grams carbohydrate, 40 mg sodium.