

Wobbly Dessert

Submitted by Kris R.

1 cup Cool Whip Free®
1 large box (or 2 small) gelatin,
sugar free
1 12-oz. can of diet soda
(see flavor combos below)

Completely dissolve Jell-O® into 2 cups boiling water. Add soda. Refrigerate until “wiggly” (about 2 hours, but no longer). With a mixer, stir in Cool Whip until completely mixed. Return to fridge until very firm (overnight is best). Makes 8 servings.

Nutrition information per serving: 25 calories, 1 gram protein, 0 grams fat, 3 grams carbohydrate, 65 mg sodium.

Great flavor combos: peach gelatin with diet cream soda, orange gelatin and diet cream soda, lime gelatin with diet lemon lime, strawberry gelatin with cream soda

Serving suggestions: use as a pie filling, layer with slices of fruit for a yummy parfait, sprinkle with crushed graham crackers or pretzels.