

Simple Strawberry Mousse

Servings: 6

Ingredients

2 cups quartered strawberries

3 tablespoons sugar

1/2 cup low-fat sour cream or low-fat plain yogurt

1 1/2 cups frozen reduced-calorie whipped topping, thawed

Directions

Combine the strawberries and sugar in a blender, and process until smooth.

Combine strawberry puree and sour cream in a large bowl, stirring well with a whisk.

Fold whipped topping into strawberry mixture.

Spoon into 6 (6-ounce) custard cups. Cover and freeze 4 hours or until firm.

Remove from freezer 30 minutes before serving.

Nutrition

Calories	102
Fat	4.7g
Saturated fat	3.6g
Cholesterol	8mg
Carbohydrates	14.5g
Sodium	20mg
Protein	1.4g
Fiber	1.2g

Cooking Light, May 1999