

Amy's Lemon Mousse

- **Yield:** 8 servings

Ingredients

- 4 cups fat free (skim) milk
- 2 packages (4 servings each size) vanilla fat-free sugar-free instant pudding and pie filling mix
- 2 packages (1/2 ounce each) sugar-free powdered lemonade mix
- 1 container (8 oz) frozen fat free whipped topping, thawed
- Fresh or frozen mixed berries optional
- Fresh mint leaves optional

Preparation

1. Whisk milk and pudding mix in large bowl 2 minutes or until smooth.
2. Whisk in lemonade mix.
3. When mixture thickens, whisk in whipped topping until smooth
4. Pour into 8 dessert dishes. Cover and refrigerate until chilled

Nutritional Information: Amount per Serving: Calories: 120

Fat: 01g Saturated fat: 1g Protein: 4g Carbohydrate: 21 g

Fiber: 0 Cholesterol: 2 mg Sodium 405g

