

RECIPE

Strawberry Mousse

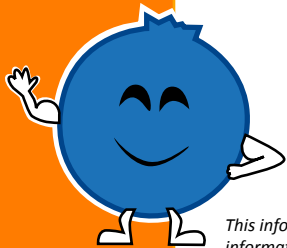
Start to Finish: 4 hours Servings: 8

Ingredients:

3 cups quartered strawberries
1/4 cup sugar
3/4 cup low-fat sour cream
2 cups frozen reduced-calorie whipped topping

Directions:

1. In a blender or food processor, combine strawberries and sugar. Process until smooth.
2. Pour contents into a large bowl. Add sour cream and mix well using a whisk. Fold whipped topping into strawberry mixture.
3. Spoon into 8 custard cups. Cover.
4. Freeze at least 4 hours.



Nutrition Information Per Serving:

122.8 Calories; 5.5 g Total Fat; 3.5 g Saturated Fat; 7.8 mg Cholesterol; 1.1 g Fiber; 29.2 mg Sodium; 16.8 g Carbohydrates; 13.4 g Sugar; 37 g Protein

This information is courtesy of the American Cancer Society, an independent company that offers health education information on behalf of your health plan.