



Strawberry Mousse

Serves: 8

Ingredients

3 cups quartered strawberries

¼ cup sugar

¾ cup low-fat sour cream

2 cups frozen reduced-calorie whipped topping

In a blender or food processor, combine strawberries and sugar. Process until smooth. Pour contents into a large bowl.

Add sour cream and mix well using a whisk. Fold whipped topping into strawberry mixture. Spoon into 8 custard cups. Cover. Freeze for at least 4 hours.

Per serving: 102 calories, 4.7 g fat.