



Chocolate Mousse

1 1/2 cups skim milk, cold
1 pkg. fat-free, sugar-free chocolate instant pudding
1 cup Cool Whip Lite®, thawed

Pour milk into mixing bowl. Add pudding mix. Beat with wire whisk 2 minutes.

Gently stir in whipped topping. Spoon into individual dishes or medium serving bowl.

Refrigerate until ready to serve. Garnish if desired. Makes 5 servings.

Nutrition Information (per Serving): 94 Calories, 2g Fat, 15g Carbohydrates, 3g Protein, 286 mg Sodium

Video Variation: We topped ours with chopped Hershey's sugar-free chocolate bars and fresh raspberries. Create variations of this recipes by using different sugar-free pudding mix flavors, fruit, and toppings!

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