

Strawberry Breakfast Mousse Crème

Serves 4; 1/2 cup per serving

Start to Finish: 14 minutes (plus thawing time for whipped topping)

No more skipping breakfast! This breakfast treat, even creamier than the typical mousse, is a fabulously cool way to begin the day. You can even make it up to 24 hours in advance.

1 cup quartered strawberries

1/2 cup low-fat ricotta cheese

1/2 cup fat-free vanilla yogurt

2 tablespoons all-fruit strawberry spread

3/4 cup fat-free frozen whipped topping, thawed in refrigerator

4 fresh mint springs (optional)

In a blender, process the strawberries, ricotta, yogurt, and strawberry spread for 20 to 30 seconds, or until smooth, stirring halfway through.

Pour into a medium bowl. Gently fold in the whipped topping. Spoon into custard cups or small bowls. Garnish with the mint.

Cook's Tip: This strawberry mousse is also delicious spooned over fresh berries, such as blueberries. A serving would be a half-cup fresh berries and 2 tablespoons mousse.

NUTRITION ANALYSIS (per serving)

Calories	114
Total Fat	1.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.5 g
Cholesterol	8 mg
Sodium	58 mg
Carbohydrates	20 g
Fiber	1 g
Sugars	14 g
Protein	4 g

Dietary Exchanges: 1 1/2 carbohydrate

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