

Chocolate Mousse - Low Calorie, Low Fat

Makes 8 servings, 65 calories per 1/2 cup serving, 3g fat

Ingredients

- 1 envelope unflavored gelatin
- 1 Tbsp unsweetened cocoa
- 2 eggs, separated
- 2 cups low-fat milk, divided
- 5 packets Sweet 'N Low
- 1 1/2 tsp vanilla

Instructions

1. In a medium-size saucepan, mix gelatin and cocoa.
2. In a separate bowl, beat egg yolks with 1 cup milk. Blend in gelatin mixture.
3. Let stand 1 minute to soften gelatin, then stir over low heat until gelatin is completely dissolved, about 5 minutes.
4. Add remaining milk, Sweet 'N Low, and vanilla.
5. Pour into a large bowl and chill, stirring occasionally, until mixture mounds slightly when dropped from a spoon.
6. In a separate large bowl, beat egg whites until soft peaks form; gradually add gelatin mixture and beat until doubled in volume, about 5 minutes.
7. Chill until mixture is slightly thickened.
8. Turn into dessert dishes or a 1-qt. bowl and chill until set.

CHOCOLATE MOUSSE _Low Calorie, Low Fat

1 envelope unflavored gelatin
1 tb. unsweetened cocoa
2 eggs, separated
2 cups low-fat milk, divided
5 packets Sweet 'N Low
1½ tsp. vanilla

In medium-size saucepan, mix gelatin and cocoa. In separate bowl, beat egg yolks with 1 cup milk. Blend in gelatin mixture. Let stand 1 min. to soften gelatin, stir over low heat until gelatin is completely dissolved, about 5 min. Add remaining milk, Sweet 'N Low, and vanilla. Pour into lg. bowl and chill stirring occasionally, until mixture mounds

slightly when dropped from spoon. In separate lg bowl, beat egg whites until soft peaks form; gradually add gelatin mixture and beat until doubled in volume, about 5 minutes. Chill until mixture is slightly thickened. Turn into dessert dishes or 1-qt. bowl and chill until set.

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