

Peppermint Mousse

1 small box (1 ounce) sugar free instant white chocolate pudding
2 cups non fat milk
½ teaspoon peppermint extract
3-4 drops red food coloring
2 cups nonfat whipped topping
5 crushed peppermint candies (optional) regular or sugar free

In a medium bowl, mix pudding with milk, peppermint extract and food coloring. Stir constantly with a wire whisk for 2 minutes. Refrigerate for 5 minutes.

Add whipped topping and mix well. Spoon into 5 parfait glasses and serve as is or topped with crushed peppermint candies or a sugar cane.

Makes 5 servings (3/4 cups/serving)

Per serving:

Calories: 102

Carbohydrate: 19 grams

Fiber: 0 gram

Fat: 0 grams

Sodium: 313 milligrams

Cholesterol: 2 milligrams

Recipe taken from Quick and Healthy Low Fat, Carb Conscious Cooking by Brenda J. Ponichtera