

# Strawberry Cheesecake Mousse

Makes 8 Servings

- 1 (8 oz) package light cream cheese, softened
- 1 1/2 cups cold skim milk
- 1 package (3.4 oz) sugar-free, fat-free Cheesecake flavor (or vanilla) Instant Pudding
- 1 1/2 cups thawed fat-free whipped topping, divided
- 3 cups (1 package) frozen strawberries (no added sugar), thawed

Beat softened cream cheese with mixer until creamy. Gradually beat in milk. Add dry pudding mix and blend well. Mix in 1 cup of whipped topping.

Scoop about 1/2 cup of pudding mixture into 8 glasses or bowls. Top with strawberries and remaining cool whip (about 1 Tbsp per cup).

Tips: Use a plastic bag with a small corner cut off to easily pipe pudding mixture into glasses. Consider sprinkling crushed ginger snaps or chocolate shavings on top.

Nutrition Information Per Serving:

140 calories, 4.5 g total fat (2.5 g saturated fat), 2 g dietary fiber, 7 g protein, 320 mg sodium, 100 mg calcium.

