

Light Strawberry Cheesecake Mousse (Serves 12)

**** This is a Weight, Diabetes and Cholesterol friendly recipe**

Ingredients

- 2 packets low joule strawberry Jelly
- 2 tsp vanilla essence
- 1 1/3 cups boiling Water
- 500g Low fat Cottage Cheese
- 1 cup powdered low joule sweetener e.g. Splenda® (Must be equivalent in sweetness to 1 cup sugar)
- 2 tins (2 X 375ml) of evaporated skim Milk, refrigerate for 24 hours before use

Method

1. Put the strawberry jelly into a bowl, add the boiling water and stir to dissolve the crystals. Set aside to allow to cool, but do not allow to set.
2. Meanwhile, put the cottage cheese and sweetener into a bowl, and beat using electric beaters or a stick blender until smooth and creamy. Add vanilla essence and mix through.
3. Put the chilled evaporated milk into another bowl and beat using electric beaters or a stick blender until very thick.
4. Fold the cooled jelly and cheese mixture into milk mixture.

5. Pour the mixture into a serving bowl and refrigerate for 24 hours before serving.
6. OPTIONAL: Vitamix some strawberries and fold through the partially set mouse with a fork to create a swirly pattern.
7. OPTIONAL: Garnish set mousse with sliced strawberries and mint leaves and serve chilled.

Serving suggestions: - A great, easy, low fat dessert idea. Serve with any variety of chilled fruits for a summer treat.

PER SERVE (without fruit)

KJ (Cal) 449 (107)

Protein: 14.2g

Fat: 0.7g

Fibre: 2g

Saturated fat: .5g

Sodium: 126mg

Carbohydrate: 10.2g

Chooz to looz Program:

1 serve= 1 milk exchange

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