**Deanna’s Simple Strawberry Mousse**

**Yield: 6 (1/2 cup) servings**

**SmartPoints per serving: ② ② ②**

1 (.3 ounce) small box sugar-free strawberry gelatin

2 tablespoons water

3 cups quartered strawberries

¼ cup no calorie sweetener, such as granular Splenda or Truvia

¾ cup non-fat Greek yogurt

5 ounces (half a tub) fat free frozen whipped topping, thawed

Combine the gelatin and water in a small saucepan and warm until gelatin is dissolved. Set aside.

Combine the strawberries, sweetener and cooled gelatin in a blender or processor and process until smooth. Add yogurt and pulse to combine. Pour strawberry puree into in a large bowl and fold in the whipped topping. Spoon into 8 custard cups or dessert dishes. Refrigerate 2 hours or until firm.

*Note*: Frozen berries or fruit can be substituted for all or part of the strawberries; do not thaw before pureeing them. Use any flavor gelatin.

*Note*: You can freeze the mousse and enjoy it frozen or thaw in the refrigerator.

[*From the Kitchen of Deanna Cichon*](http://www.deannathechef.com/)