

Chocolate Oreo Mousse

4 servings



What you need:

2 cups skim milk

1 (1.4 oz) package Fat-Free Sugar-Free Instant Chocolate Fudge
Pudding (like Jell-o brand)

1 cup Fat-Free non-dairy whipped topping (like Cool Whip), thawed

4 Oreo cookies, coarsely crushed

½ cup fresh or frozen raspberries (thawed)

All you do:

1. Pour milk into a medium size mixing bowl. Using a wire whisk beat the pudding mix into the milk for 2 minutes.

2. Gently stir in the non-dairy whipped topping, mixing well.

3. Spoon the mixture into four small bowls or coffee/tea cups.

4. Cover and refrigerate for at least 1 hour.

5. Sprinkle with crushed Oreos and raspberries before serving.

Nutrition information per serving: 175 calories, 2.5g total fat, 0.5g saturated fat, 0mg cholesterol, 460mg sodium, 30g carbohydrate, 1g dietary fiber, 6g protein