

RASPBERRY CHEESECAKE SHERBET CUPS Raspberry Cheesecake Sherbet Cups

Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 12 (Serving= 1 sherbet cup with toppings)

Nutrition (per serving)

Calories: 136

Total Carbohydrate: 12

Total Fat: 3 g

Dietary Fiber: 1 g

Saturated Fat: 3 g

Protein: 2 g

Sodium: 45 mg

Ingredients

- 3 cups raspberry sherbet
- 1 cup fat-free milk
- 1 -1 ounce package instant sugar-free, fat free cheesecake pudding mix
- 1 - 8 ounce carton frozen lite whipped topping, thawed
- 3 cups blueberries
- 12 raspberries

Directions

1. Spoon $\frac{1}{4}$ cup sherbet into each of the bottoms of a 12 cup muffin tin. Freeze for 15 minutes.
2. In a small bowl, whisk milk and pudding mix for 2 minutes. Let stand for 2 minutes or until thickened.
3. Set aside $\frac{1}{2}$ cup whipped topping for garnish; refrigerate until serving. Fold remaining whipped topping into pudding. Spoon this mixture over each sherbet cup, carefully not to overfill. Cover and freeze 8 or more hours.
4. Remove from the freezer 15 minutes before serving; flip over and wait for sherbet cups to unmold onto a serving plate. May need to run bottom of muffin tin under luke warm water and carefully scrape around edges of individual muffin cup with knife. Serve with a tablespoon of reserved whipped topping on each cup and one raspberry placed on top. Surround each dessert cup with $\frac{1}{4}$ cup blueberries per serving.