

3-INGREDIENT CHOCOLATE MOUSSE

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Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 6 (Serving = 1/6th the dish)

Nutrition (per serving)

Total Fat: 5 g	Total Carbohydrate: 20
Saturated Fat: 0 g	Dietary Fiber: 0 g
Sodium: 279 mg	Calories: 131
	Total Sugars: 11 g

Ingredients

- 1 - 1.4 ounce box sugar free instant chocolate pudding (or flavor of choice)
- 1 ½ cups 1% milk
- 8 ounces lite cool whip, thawed

Directions

1. In a large bowl, combine pudding powder and milk. Whisk together until pudding thickens.
2. Add cool whip to pudding mixture and fold it into pudding until evenly combined.

**Optional: Garnish with a fresh raspberry and mini chocolate chips.*