

# Strawberry Breakfast Mousse Creme

No more skipping breakfast! This breakfast treat, even creamier than the typical mousse, is a fabulously cool way to begin the day. You can even make it up to 24 hours in advance.

## Ingredients:

- 1 cup quartered strawberries
- 1/2 cup low-fat ricotta cheese
- 1/2 cup fat-free vanilla yogurt
- 2 tablespoons all-fruit strawberry spread
- 3/4 cup fat-free frozen whipped topping, thawed in refrigerator
- 4 fresh mint springs (optional)

## Directions:

In a blender, process the strawberries, ricotta, yogurt, and strawberry spread for 20 to 30 seconds, or until smooth, stirring halfway through. Pour into a medium bowl. Gently fold in the whipped topping. Spoon into custard cups or small bowls. Garnish with the mint.

**Cook's Tip:** This strawberry mousse is also delicious spooned over fresh berries, such as blueberries. A serving would be a half-cup fresh berries and 2 tablespoons mousse.



# Nutritional Information

Calories	114
Total Fat	1.5 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.5 g
Cholesterol	8 mg
Sodium	58 mg
Carbohydrates	20 g
Fiber	1g
Sugars	14 g
Protein	4 g