

Choosing a low-calorie diet can provide many health benefits – but sometimes you may want a sweet treat. Here’s a recipe that can fit into your healthy diet: a low-calorie chocolate mousse. With less than 125 calories per serving, feel free to indulge in this rich and creamy dessert without the worry.

Ingredients:

- 1 envelope unflavored gelatin
- ¼ cup cold water
- 2, 8-oz. packages fat-free cream cheese
- 1, 8-oz. container fat-free sour cream
- 12 envelopes sugar substitute (or ¾ cup sugar)
- 6 tablespoons unsweetened cocoa
- 1 tablespoon vanilla extract

Preparation:

Sprinkle gelatin over the water and allow to soften two to three minutes, then warm over low heat until dissolved. Beat the cream cheese, sour cream, sugar substitute, cocoa and vanilla until smooth, then beat in the dissolved gelatin. Spoon into stemmed glasses or a large serving bowl. Cover and chill. Variation: In place of vanilla extract, try substituting two tablespoons of your favorite liqueur, such as Frangelico, Crème de Cocoa, Crème de Menthe, Amaretto or Kahlua.

Yield: 6 servings (serving size: 1 cup)

Nutritional Data Per Serving

- Calories: 116
- Fat: <1 gram (0% of calories)
- Cholesterol: 14 milligrams
- Sodium: 486 milligrams

