



Low-Calorie Mocha Mousse



INGREDIENTS

1 (0.25-oz.) envelope unflavored gelatin
½ cup cold water, divided
¼ cup Hy-Vee baking cocoa
1 tsp Hy-Vee medium roast instant coffee granules
3 (0.04-oz.) packets Sweet'N Low sweetener
1 tsp Hy-Vee vanilla extract
2 ice cubes
2 cups Hy-Vee frozen light whipped topping, thawed
Finely chopped Hy-Vee dark chocolate espresso beans, for garnish
Mixed berries, for garnish

PREPARATION

- 1** Sprinkle gelatin over ¼ cup cold water in small bowl; let stand for 2 minutes.
- 2** Bring remaining ½ cup water to a boil in a small saucepan. Remove from heat. Immediately stir in cocoa, coffee granules and gelatin mixture; stir until gelatin is dissolved.
- 3** Stir in Sweet'N Low sweetener and vanilla. Add ice cubes; stir until ice is melted. Transfer to a medium bowl. Stir in 1 cup whipped topping until combined. Fold in remaining 1 cup whipped topping.
- 4** Spoon into 4 (6-oz.) dessert serving dishes. Refrigerate at least 2 hours. Just before serving, garnish with finely chopped espresso beans and berries, if desired.

NUTRITION FACTS

Calories: 100
Total Fat: 4.5g
Saturated Fat: 4.5g
Trans Fat: 0g
Cholesterol: 0mg

Sodium: 0mg
Carbohydrates: 16g
Fiber: 2g
Sugar: 5g
Protein: 1g