



Peppermint Mousse

Shine 365
Marshfield Clinic

START TO FINISH: 20 minutes • **SERVINGS:** 4

INGREDIENTS

- 1 small box sugar-free instant white chocolate pudding mix
- 2 cups fat-free milk
- 1 teaspoon peppermint extract
- 3 drops red or green food coloring (optional)
- 1 cup fat-free Cool Whip

DIRECTIONS

In a bowl, mix pudding mix, milk, peppermint extract and food coloring (optional). Whisk for 2 minutes. Refrigerate 5-10 minutes. Add Cool Whip and mix for 2 additional minutes. Spoon into parfait glasses. Garnish with crushed peppermint candies or holiday sprinkles, if desired.

NUTRITION INFORMATION

Each serving contains about 114 calories; 4 g protein; 21 g carbohydrates; 0.22 g total fat; 0.14 g saturated fat; 2.5 mg cholesterol; 399 mg sodium ; 0g fiber.

Nutrition information does not include optional ingredients or garnish.

(Recipe from Marshfield Clinic's "Diabetes Advisor" Winter 2011-2012)