

Mousse on the Loose



Lite Strawberry Mousse

Serves 4

Ingredients

- 2 cups strawberries
- 3 tbsp castor sugar
- ½ cup low fat sour cream
- 1½ cup light whipped cream / topping



Methods

1. Blend strawberries and sugar in a blender and process until smooth.
2. Combine strawberry puree and sour cream in a large bowl, using a whisk and stir well.
3. Fold in whipped cream into strawberry mixture.
4. Pour into 4 serving cups. Cover and chill in the refrigerator until firm. Serve cold.

Nutrient Analysis Per Serving

Energy	180 Kcal
Carbohydrate	16g
Protein	2g
Fat	12g
Saturated fat	8.6g
Cholesterol	41mg
Dietary fibre	1.3g
Sodium	42mg

Carbohydrate Exchanges = ~ 1 exchange
One carbohydrate exchange = 15g carbohydrate