

Fat Free Mousse

Submitted By: Jennifer Fox

Time: 3 to 4 hours

Instructions

1. Whip all ingredients together
2. Put in freezer for at least 3 hours
3. Take out and let stand about 30 minutes before serving

Notes:

It is hard to find fat free desserts so this is a great and easy one to make!

Ingredients

- 8 oz. of fat free cool whip
- 1 box of pudding (flavor of your choice)
- 1 and 1/2 cup of skim milk