



Cookie Monster Mousse Shots



1/6th of recipe (1 mousse shot): 60 calories, 2.5g total fat (2g sat fat), 63mg sodium, 7g carbs, 0g fiber, 4.5g sugars, 1.5g protein

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

Prep: 5 minutes



More: [Dessert Recipes](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

3/4 cup light whipped topping (thawed from frozen)
1/3 cup fat-free plain Greek yogurt
1/4 cup whipped cream cheese
2 packets natural no-calorie sweetener
1 tsp. vanilla extract
Dash salt
10-15 drops blue food coloring, or more for desired color (check out [the naturally dyed kind by Watkins](#))
12 [candy eyeballs](#)
6 pieces Cookie Crisp cereal

Directions

In a medium bowl, add whipped topping, yogurt, cream cheese, sweetener, vanilla extract, and salt. Mix until smooth and uniform.

Stir in food coloring until desired color is reached.

Evenly spoon mixture into 6 [shot glasses](#) (or small ramekins). Top with candy eyeballs and cereal.

MAKES 6 SERVINGS

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.