



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

Prep: 5 minutes



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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

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