



Strawberry Shortcake Protein Mousse



1/4 of recipe: 92 calories, 1.5g total fat (1g sat. fat), 90mg sodium, 12g carbs, 1g fiber, 7.5g sugars, 4g protein

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Prep: 15 minutes

Cool: 20 minutes

Chill: 2 hours



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Ingredients

One 4-serving package sugar-free strawberry-flavored gelatin
One 5.3-oz. container fat-free plain Greek yogurt
3/4 cup freeze-dried strawberries, lightly crushed, divided
1/2 cup light whipped topping (thawed from frozen)
4 graham crackers (1 sheet), crushed

Directions

Place gelatin powder in a large liquid measuring cup. Add 1 cup boiling water, and stir until fully dissolved. Allow to come to room temp, about 20 minutes.

Add yogurt. Stir until smooth. Then, using [a handheld frother](#), blend until uniform and fluffy.

Evenly divide 1/2 cup crushed strawberries among 4 [ramekins](#). Pour gelatin-yogurt mixture into the ramekins, and gently stir. Refrigerate until set, about 2 hours.

Top each dessert with 2 tbsp. whipped topping, 1 tbsp. crushed strawberries, and 1 crushed graham cracker.

MAKES 4 SERVINGS

HG Tip: Don't have a handheld frother? Just whisk in the yogurt. It'll be less fluffy but still delicious!

HG FYI: If you prefer options without artificial sweeteners, check out [Simply Desserts gelatin mix](#) and the whipped toppings by [Truwhip](#) and [So Delicious](#).

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