

Cappuccino Mousse: Not Just For Restaurants Anymore

(NAPSA)—If you're like most people, you savor the smooth, creamy texture of a delicious mousse. For many, though, mousse is saved for a special treat when dining out at restaurants.

Fortunately, now you can bring the delicious taste of mousse home with a quick and simple recipe. This Cappuccino Mousse recipe is a modern twist on a classic dessert and is ready in 25 minutes. No longer arduous or time-consuming to prepare, it's a terrific treat for drop-over guests or afternoon pick-me ups, while giving the appearance of a "restaurant" style dessert.

The smooth texture of this Cappuccino Mousse should impress even the toughest critics and most accomplished chefs, not to mention your friends and family. It uses Knox® Gelatine, which has only 25 calories and zero grams of carbohydrates per serving, combined with vanilla lowfat yogurt, coffee, whipped topping and sugar to create a fluffy, delightful mousse. Your guests may love the taste and you may love how easy it is to prepare at home.

Cappuccino Mousse

Prep Time: 10 min.

Total Time: 25 min.

- 1 envelope Knox®
Unflavored Gelatine
- ½ cup double-strength
brewed coffee, cooled
- 1 container (8 oz.) vanilla
lowfat yogurt
- ¼ cup sugar
- 1½ cups thawed whipped
topping, divided

SPRINKLE gelatine over coffee in saucepan; let stand 1 minute. Cook on low heat 2



minutes or until gelatine is completely dissolved, stirring constantly.

PLACE yogurt and sugar in blender container; cover. Blend on high speed until well blended. Add gelatine mixture; cover. Blend well. Transfer to medium bowl.

ADD 1 cup of the whipped topping; stir with wire whisk until well blended. Spoon into 5 individual dessert dishes. Refrigerate at least 15 minutes before serving. Top evenly with remaining ¼ cup whipped topping just before serving.

MAKES 5 servings, about ½ cup each.

Special Extra: Garnish each dessert with a cinnamon stick just before serving.

Healthy Living: Trim 2.5 grams of fat per serving by preparing with COOL WHIP FREE Whipped Topping.

Nutrition Information Per Serving (using regular COOL WHIP): 140 calories, 4g total fat, 4g saturated fat, less than 5mg cholesterol, 35mg sodium, 22g carbohydrate, 0g dietary fiber, 20g sugars, 3g protein, 0%DV vitamin A, 0%DV vitamin C, 8%DV calcium, 0%DV iron.