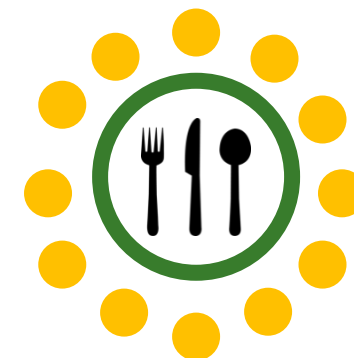


recipe of the week:

Chocolate Mousse



ingredients:	directions:
2 cups cold skim milk	1. Mix together milk & pudding mix.
1 small pack Sugar Free Jell-O instant chocolate pudding mix	2. With a wire whisk or low speed mixer, beat until well blended.
1 ½ cups light Cool Whip	3. Fold in Cool Whip with a spoon until evenly mixed.
	4. Place mixture in glasses and place in refrigerator for at least 30 minutes.

Notes: The above recipe makes eight (8) one-half (½) cup portions.

Presented by:

