



Sugar Free White Chocolate Strawberry Mousse

There is something so satisfying about fluffy foods. This mousse is no different! Sweet, decadent, and enjoyable, you can eat this Mousse on its own by the spoonful or use it as a dessert topping or cake filling.

Ingredients:

- 1 (1oz) pack of sugar free instant white chocolate pudding
- 1 ½ cups of your choice of milk skim/almond/coconut milk
- 1 cup of strawberries, pureed
- 1 packet of Stevia
- 1 ½ cup sugar-free whipped topping
- 1 cup of chopped strawberries

Directions:

- Gently fold the instant pudding mix, milk, strawberry puree, stevia, and whipped topping together in medium sized bowl.
- Layer the mouse with chopped strawberries and chill for 2 hours before serving.

“The stronger the why, the easier the how becomes.”

