



Berry Cheesecake Mousse

32 oz frozen mixed berries

1 cup Cool Whip

4 cartons Dannon Oikos Triple Zero yogurt, vanilla

1 small package of cheesecake pudding mix, sugar free

Mix together Cool Whip, yogurt, and pudding mix until well mixed.

Stir in berries. Chill and serve. Makes 12 servings.

Nutrition Information (per Serving): 103 calories, 1g fat, 19g carbohydrates, 5g protein, 113mg sodium