

Chocolate Oreo Mousse

4 servings

Estimated cost per serving: \$0.80

2 cups skim milk

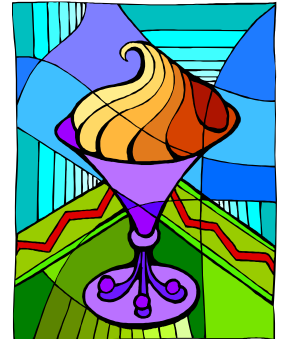
1 (1.4 oz) package Fat-Free Sugar-Free Instant **Chocolate Fudge** Pudding (like Jell-o brand)

1 cup Fat-Free nondairy whipped topping (like Cool Whip), thawed

4 Oreo cookies, coarsely crushed*

$\frac{1}{2}$ cup fresh or frozen raspberries (thawed)

- 1) Pour milk into a medium size mixing bowl. Using a wire whisk beat the pudding mix into the milk for 2 minutes.
- 2) Gently stir in the nondairy whipped topping, mixing well.
- 3) Spoon the mixture into four small bowls or coffee/tea cups.
- 4) Cover and refrigerate for at least 1 hour.
- 5) Sprinkle with crushed Oreos and raspberries before serving.



* To avoid overindulging, buy the small 2 oz. package of Oreo cookies with 6 cookies (save 2 to have later with some milk). To crush the cookies - put them in a zip-lock plastic bag and smash them with your hand or use a rolling pin, hammer or any heavy object.

Nutrition information per serving: 175 calories, 2.5g total fat, 0.5g saturated fat, 0mg cholesterol, 460mg sodium, 30g carbohydrate, 1g dietary fiber, 6g protein

Good source of Calcium

Pyramid servings: $\frac{1}{2}$ milk, $\frac{1}{4}$ fruit

Nutrition note: There's sweet news about **chocolate** . . . eating certain types in small amounts can actually be good for you! **Chocolate** is made from beans produced by the cocoa tree. The beans are fermented, dried, roasted, ground and then made into cocoa powder. Cocoa powder is rich in antioxidant compounds called flavenoids that are also present in tea, red wine and many fruits and vegetables. Some of the potential health benefits attributed to flavenoids include reducing the harmful effects of LDL 'bad' cholesterol, lowering blood pressure and reducing the risk of blood clots. **Chocolate** also appears to improve mood and pleasure - probably by boosting levels of serotonin and endorphins in the brain. What is the healthiest **chocolate** choice? Darker is better! Dark **chocolate** contains more cocoa, therefore more antioxidants, and it has less sugar and fat than milk or white chocolates. Keep your serving size at **1 oz.** per day to get the health benefits without too many added calories. To get the most from your chocolate - eat it mindfully. Let it melt in your mouth slowly savoring all of its rich flavor and texture.

