



Peppermint Patty Mousse

This crazy delicious combination is not a super star of nutrition, but once in a while it's okay to diverge from the path for a small treat. The flavor of the mousse can be easily changed by substituting the mint with, for example, peanut butter, thick fruit purees or melted chocolate.

INGREDIENTS:

8 oz. fat free cream cheese
1 cup powdered sugar, sifted
1 tablespoon peppermint schnapps
2 tablespoons skim milk
1/2 cup chopped peppermint patties
16 oz. sugar free, non-dairy whipped topping

PREPARATION:

- In a large stainless mixing bowl, beat cream cheese with powdered sugar until smooth
- Beat in schnapps and milk
- Fold in chopped peppermint patties and non-dairy whipped topping
- Chill 1 hour
- Scoop into chilled dessert cups or freeze and scoop as you would ice cream

Number of servings: 16

Serving Size: 1/2 cup

Calories: 70

Fat grams: 1.5

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