



## 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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