**Simple Strawberry Mousse**

**Servings:** 6

**Ingredients**
- 2 cups quartered strawberries
- 3 tablespoons sugar
- 1/2 cup low-fat sour cream or low-fat plain yogurt
- 1 1/2 cups frozen reduced-calorie whipped topping, thawed

**Directions**
Combine the strawberries and sugar in a blender, and process until smooth.

Combine strawberry puree and sour cream in a large bowl, stirring well with a whisk.

Fold whipped topping into strawberry mixture.

Spoon into 6 (6-ounce) custard cups. Cover and freeze 4 hours or until firm.

Remove from freezer 30 minutes before serving.

**Nutrition**
- Calories 102
- Fat 4.7g
- Saturated fat 3.6g
- Cholesterol 8mg
- Carbohydrates 14.5g
- Sodium 20mg
- Protein 1.4g
- Fiber 1.2g

*Cooking Light, May 1999*