

Delightful Lemon Mousse with Raspberry Sauce

**Prep Time:**

15 min

Total Time:

4 hr 15 min

Makes:

10 servings

1-1/2 cups boiling water

1 pkg. (8-serving size) JELL-O Brand Lemon Flavor Sugar

Free Low Calorie Gelatin

2 tsp. grated lemon peel

ice cubes

1 cup cold apple juice

1 tub (8 oz.) COOL WHIP FREE Whipped Topping, thawed

1 pkg. (10 oz.) frozen raspberries, thawed, pureed in blender

STIR boiling water into gelatin and lemon peel in large bowl at least 2 minutes until gelatin is completely dissolved. Add enough ice to apple juice to measure 1-3/4 cups. Stir into gelatin until slightly thickened. Stir in whipped topping with wire whisk.

POUR half of the raspberry sauce into dessert dishes. Top with mousse. Spoon remaining raspberry sauce over top.

REFRIGERATE 4 hours or until firm.

Kraft Kitchens Tips

Substitute - Prepare as directed, except substitute 2 pkg. (4-serving size each) JELL-O Brand Lemon Flavor Sugar Free Low Calorie Gelatin.

Substitute - Substitute 1 pkg. (10 oz.) frozen strawberries for frozen raspberries. Substitute orange juice for apple juice.

Nutritional Information

Calories 80

[Total fat](#) 1.5 g[Saturated fat](#) 1 g[Cholesterol](#) 0 mg[Sodium](#) 60 mg[Carbohydrate](#) 15 g[Dietary fiber](#) 2 g[Sugars](#) 8 g

Protein 2 g

Vitamin A 0 %DV

Vitamin C 10 %DV

[Calcium](#) 0 %DV

Iron 0 %DV

Nutrition Bonus

Enjoy this low-fat lemony dessert. It's also low in sodium and a good source of vitamin C.