

Low-Fat Raspberry Summer Sensation



Prep Time: 15 min

Total Time: 3 hr 25 min

Makes:

12 servings, one slice each

1 pt. (2 cups) raspberry sorbet, softened

1 cup cold fat-free milk

1 pkg. (4-serving size) JELL-O Vanilla Flavor Fat Free Sugar Free Instant Reduced Calorie Pudding & Pie Filling

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

1 cup raspberries

LINE 9x5-inch loaf pan with foil. Spoon sorbet into prepared pan; freeze 10 min.

POUR milk into large bowl. Add dry pudding mix. Beat with wire whisk 2 min. or until well blended. Gently stir in whipped topping; spread evenly over sorbet.

FREEZE 3 hours or until firm. To unmold, invert pan onto plate; remove foil. Let stand 10 to 15 min. to soften slightly before slicing to serve. Serve topped with the raspberries. Store leftovers in freezer.

Kraft Kitchens Tips

How to Soften Sorbet

Soften sorbet in microwave on MEDIUM (50%) for 10 to 15 sec. or until slightly softened.

Substitute

Prepare as directed, using raspberry sherbet.

Substitute

Prepare as directed, using COOL WHIP FREE Whipped Topping.

Customer substitution: " I made this recipe with my own variation using starwberry low fat ice cream instead of sorbet or sherbert. and it was good! Next time I plan on making them in papercups and putting pop sticks in them so they are like a pudding pop!"

Calories 110

[Total fat](#) 2.5 g

[Saturated fat](#) 2.5 g

[Cholesterol](#) 0 mg

[Sodium](#) 115 mg

[Carbohydrate](#) 21 g

[Dietary fiber](#) 1 g

[Sugars](#) 13 g

Protein 1 g

Vitamin A 0 %DV

Vitamin C 10 %DV

[Calcium](#) 4 %DV

Iron 0 %DV

Nutrition Bonus

Help your friends and family eat right with this tasty low-fat dessert.