

A TASTE OF SPRING Foods For All Seasons MUSSE



Serves 4

Preparation time: 10 minutes Set time: 1 1/2 hours

2 1/2-3 cups sliced fresh strawberries (or 1 and 1/2 cups mashed frozen strawberries, unsweetened)
 1/4 cup sugar
 1 tablespoon lemon juice if strawberries are fresh
 1 envelope gelatin
 2/3 cup water
 2 cups reduced fat frozen dessert topping

Mash strawberries in a bowl with potato masher or pastry blender (do not use a food processor or blender). The mashed strawberries should measure 1 1/2 cups. Stir in 1/4 cup sugar and lemon juice (for fresh strawberries) and set aside.

In small saucepan stir gelatin powder in water and cook over low heat, stirring constantly until gelatin dissolves (about 3 to 5 minutes). Remove from heat and set aside to cool. Once cooled, pour gelatin mixture into strawberries and stir.

Refrigerate for about 45 minutes, stirring occasionally (it should have the consistency of corn syrup).

Whip in frozen dessert topping until well blended. Spoon into 4 serving dishes. Chill for at least an hour before serving. Top with fresh whole strawberries.

Lighten up your Spring:

Enjoy the Spring weather, increase your daily physical activity by biking, walking or gardening.

Choose from a variety of fresh fruits in season to stretch your food budget.

Eat at least 5 servings of fruits and Vegetables each day. That means 2-3 cups.

Read the food label and choose lowfat items with 3 grams of fat or less per serving.

Cook lowfat by roasting, steaming or stir-frying, using little or no oil.

Nutritional Analysis per cup

Calories	152
Cholesterol	0mg
Fat	3.8g
Sodium	3mg

Recipe
Courtesy of:



California Project LEAN is a collaborative effort of the Public Health Institute and Regional Nutrition Networks.

For more information on low-fat eating write California Project LEAN, California Department of Health Services, P.O. Box 942732, MS-675, Sacramento, CA 94234-7320.