

Heart Healthy Recipes

from Gwinnett Medical Center



Egg nog mousse

- 2 tsp. unflavored gelatin
- 2 cups reduced fat eggnog
- 2 Tbsp. sugar
- 1/8 tsp. cinnamon
- 1/9 tsp. nutmeg
- ½ tsp vanilla
- 1 cup reduced fat whipped topping, divided

Preparation:

1. In small saucepan, sprinkle gelatin over eggnog; let stand for 1 minute. Heat over low heat, stirring until gelatin is completely dissolved. Stir in the sugar, cinnamon and nutmeg until sugar is dissolved. Transfer to a small bowl; stir in vanilla. Refrigerate until mixture begins to thicken.
2. Beat mixture until light and fluffy. Beat in ¾ cup whipped topping. Divide into 4 dessert serving dishes and refrigerate until firm. Garnish with remaining whipped topping; sprinkle with additional nutmeg if desired.

4 servings

1 serving (3/4 cup): 165 Calories; 6g Fat; 21g Carb; 7g Protein