

COCOA BERRY YOGURT MOUSSE

(The Cooks Next Door)

12 large fresh or frozen strawberries
1/4 c. granulated sugar (opt.)

Cut the berries and add sugar if using fresh to increase juiciness. If using frozen berries just thaw and use including the juices (this was what I used!). Divide between four glasses, cups, or dessert dishes.

1/2 c. powdered sugar
1/2 c. unsweetened cocoa powder
1 c. heavy cream
1 c. plain lowfat yogurt

In a sifter combine the sugar and cocoa powder. Sift onto a large piece of parchment paper or wax paper and set aside.

Place the heavy cream in the bowl of an electric mixer fitted with a balloon whip. Operate the mixer on low speed while gradually adding the dry ingredients; mix until incorporated, about 1 minute. Use a rubber spatula to scrape down the sides of the bowl. Now whisk on medium for 5 seconds. Remove the bowl from the mixer. Add the yogurt; fold the ingredients together with a spatula until thoroughly combined. Immediately spoon the yogurt mousse onto the strawberries in each glass. Serve immediately or cover the top of each with plastic wrap and refrigerate for up to 24 hours before serving.

I garnished each dish with shaved dark chocolate and a strawberry. Delicious!

You could use any kind of fruit!