

Orange Dreamsicles

Recipe By *Nechama Fiddle*



Cooking and Prep:  6 h

Serves:  4

Contains: 

Preference: Dairy

Difficulty: Easy

Diet: Sugar Free

Source: Whisk by Ami
Magazine

When I was asked to create diet desserts for this issue of Whisk, I thought that was an oxymoron. But I had a few tricks up my sleeve....

Ingredients (3)

Main ingredients

- 1 (.33-ounce) box sugar-free orange Jello-type dessert
- 1 (1.4-ounce) box sugar-free vanilla pudding mix
- 1 cup whipped cream

Start Cooking

Prepare the Jello

1.)

Prepare the jell dessert according to package directions.

Combine

1. Stir in the pudding mix. Add the whipped cream.
2. Whisk until completely blended.

Chill

1. For mousse, refrigerate for a few hours, or freeze in popsicle molds.