

Sugar-Free Dark Chocolate Mousse

A diabetic-friendly recipe

Ingredients:

- 1/4 cup dark chocolate chips
- 1 1/2 cups sugar-free whipped topping, divided



Directions

1. In a medium microwave-safe bowl, melt chocolate chips in the microwave for 30 seconds. Stir and microwave for 15 seconds more.
2. Add 1/2 cup of whipped topping and mix well.
3. Add remaining whipped topping and mix well.
4. Cover and chill for 30 minutes before serving.

Makes 3 servings

To make a recipe card, print on card stock paper. Cut out along dotted lines. Glue the front and back of the card together.