

I love fruit desserts and this is a great one. You can serve it at the most elegant dinner parties or at family dinners and, I promise you, it will be all gone!

Fruit Mousse



- 1 tbsp. orange rind, grated
- 1 cup unsweetened orange juice
- ¼ cup granulated sugar
- 2 packets of gelatin
- 2 cups plain yogurt, fat free
- 10 ½ oz. frozen raspberries, drained

In a saucepan, mix orange rind, orange juice, sugar and gelatin. Heat to dissolve gelatin. Remove from stove. Leave to set in refrigerator for 30 minutes.

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Pour gelatin mixture into bowl of food processor, mix until mixture is creamy.

Add yogurt and raspberries and beat again.

Pour into dessert dishes or a mold and refrigerate for 1 hour. Serve cold. [4 servings]



Oranges that need to be peeled for dishes should be soaked in boiling water for at least five to seven minutes before peeling. This will make it easier to peel and remove all the white pulp.

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