



## STRAWBERRY CREAM MOUSSE

By Dr. Cindy Tanzar  
(Special Occasions)

This recipe is perfect for your Easter dinner table! Spring is the perfect time of year to include ripe, fragrant strawberries into your meals. You will want to serve this dessert for company and special occasions - no one will even know it's "healthy" unless you tell them! While it doesn't fit into your daily meal checklist, it is still an occasional recipe that doesn't contain sugar or artificial ingredients to throw you out of weight loss mode. The creamy texture feels very smooth and decadent, making any occasion special.

Makes 4 servings.



### INGREDIENTS

- 1-1/2 cups organic fresh strawberries, chopped
- 1/4 cup filtered water
- 2-1/2 tsp Great Lakes grass-fed gelatin (Amazon/health food stores)
- 1 cup organic heavy whipping cream
- 1/2 cup Swerve Confectioners sweetener
- 3/4 tsp pure vanilla extract



## INSTRUCTIONS

In a blender or food processor, puree the strawberries and water. Pour into a medium saucepan and whisk in gelatin. (If using regular gelatin like Knox (not Great Lakes), you will need to sprinkle it over the puree and let it “bloom” before whisking it in.)

Set over medium-low heat, bringing just to a simmer, whisking to dissolve the gelatin. Let cool 20 minutes.

In a large bowl, combine the heavy cream, Swerve and vanilla. Beat until stiff peaks form. Add the cooled strawberry mixture and beat until blended. Pour into serving dishes and refrigerate until firm about 3 hours. Enjoy!