

Light'n Luscious ^{Easy To Do} Desserts



Light desserts can be just as luscious as their calorie-rich counterparts and twice as easy to prepare. The secret for each of these elegant desserts is a new formulation of Featherweight mixes sweetened with NutraSweet, having a fraction of the usual calories.

The sparkling red Strawberry-Fruit Parfait combines strawberry gelatin with liqueur-flavored fruits topped with a creamy blend of strawberry gelatin and whipped topping. Make ahead in your favorite crystal bowl or in tulip wine goblets for individual desserts. The fresh strawberry garnish is the final touch just before serving for this dessert with less than 50 calories a serving and virtually sodium free.

The elegant Lemon Torte has a cookie crumb base topped with a blend of lemon gelatin, lemon custard and whipped topping to be made ahead and chilled in the refrigerator until serving time. The last minute garnish with whipped topping and crumbs can be made more dramatic with maraschino cherries or whole strawberries. It's a very special company dessert with less than 200 calories a serving. If you are really counting calories for a family dessert, skip the cookie crumb crust and you will reduce the calories to 50 per serving.

Everyone loves chocolate and these individual Chocolate Mousse Desserts will be hard to keep in the freezer for unexpected guests if your family discovers them. Individual muffin liners are filled with a chocolate cookie crumb base and Featherweight Chocolate Mousse is gently spooned into the cups before freezing. Garnish just before serving with sugar-free whipped topping and chocolate curls or chopped nuts.

The Frosted Neapolitan Dessert has four simple main ingredients — Chocolate Pudding, Vanilla Pudding, Strawberry Gelatin and Whipped Topping, but the way they are combined turns this into a spectacular dessert. A little more time consuming to prepare than the others, it is still easy to do with Featherweight dessert mixes and has only 81 calories per serving.

LEMON TORTE

10 servings
191 calories

- 1-2/3 cups (about 23) crushed Vanilla Wafers
- 1/3 cup butter or margarine, melted
- 1 teaspoon grated lemon peel
- 1 package (2 envelopes) Lemon Gelatin
- 1 cup boiling water
- 2 packages (4 envelopes) Lemon Custard
- 3 cups skim milk
- 2 pouches Whipped Topping
- Maraschino cherries, if desired

Mix cookie crumbs, melted butter and grated peel in a bowl. Reserve 1/4 cup crumb mixture for topping. Put remaining crumb mixture into a buttered 8-inch springform pan; press into an even layer. Empty gelatin into a bowl. Add 1 cup boiling water and stir until gelatin is completely dissolved. Set aside. Prepare custard as directed on package for pie filling, using 3 cups skim milk. Pour into a bowl. Cover mixture with plastic wrap. Set aside. Beat gelatin and 1 pouch of topping together until well blended. Fold in custard and pour into crumb-lined pan. Refrigerate until firm. Prepare remaining topping as directed on pouch. Measure 3/4 cup for garnish. Cover and refrigerate remaining topping for another use. To serve, remove dessert from pan. Set on a serving plate. Sprinkle reserved crumbs around top edge and garnish with whipped topping, and cherries, if desired.

STRAWBERRY-FRUIT PARFAIT

8 servings
47 calories

- 16-ounce can Juice Pack Fruit Cocktail, drained; reserve 1/2 cup juice
- 2 tablespoons orange-flavored liqueur
- 1 package (2 envelopes) Strawberry Gelatin
- 1 pouch Whipped Topping
- Fresh strawberries for garnish

Mix drained fruit cocktail and liqueur in a bowl. Set aside. Prepare gelatin as directed on package, substituting reserved juice for 1/2 cup cold water. Refrigerate until slightly thickened. Prepare topping as directed on pouch. Measure 1 cup thickened gelatin and fold in topping until blended. Mix fruit into remaining gelatin. Turn gelatin with fruit into a large glass serving bowl and spread evenly. Spoon creamy mixture evenly over first layer. Refrigerate until firm. Garnish top with fresh strawberries.

CHOCOLATE MOUSSE DESSERT

6 servings
approximately 120 calories

- 3/4 cup crushed chocolate cookies
- 2 tablespoons butter or margarine, melted
- 1 package (2 envelopes) Chocolate Mousse
- Whipped Topping for garnish
- Chocolate Curls or pistachio nuts, finely chopped

Line a 6-muffin pan with double paper baking cups. Mix cookie crumbs and melted butter; spoon into bottom of cups and press evenly. Prepare chocolate mousse as directed on package and spoon into cups. Freeze until firm. To serve, remove paper cups. Garnish each dessert with whipped topping and chocolate curls or nuts.

FROSTED NEAPOLITAN DESSERT

8 servings
81 calories

- 1/2 package (1 envelope) Strawberry Gelatin
- 3/4 cup boiling water
- 3/4 cup cold water
- 1/2 package (1 envelope) Chocolate Pudding
- 1/2 package (1 envelope) Vanilla Pudding
- 3 cups skim milk
- 1/2 cup chopped pistachio nuts
- 1 pouch Whipped Topping
- 1 cup strawberries, sliced

Prepare gelatin as directed on package, with the 3/4 cup boiling water and cold water. Refrigerate until slightly thickened. Meanwhile, prepare chocolate pudding as directed on package for pie filling, using 1-1/2 cups skim milk. Pour into an aluminum-foil-lined 8x4x2-inch loaf pan. Cover surface with plastic wrap. Prepare vanilla pudding as directed on package for pie filling, using 1-1/2 cups skim milk. Cover surface with plastic wrap. Refrigerate until cooled. Sprinkle pistachio nuts over chocolate pudding in pan. Gently spoon cooled vanilla pudding into pan to form an even layer. Prepare whipped topping as directed on pouch. Measure 3/4 cup topping; refrigerate remaining topping for garnish. Fold 3/4 cup topping into slightly thickened gelatin and fold in sliced strawberries. Spoon into an even layer in pan. Refrigerate until firm. Unmold dessert on a serving plate and frost sides with some of the reserved topping. Using a pastry bag and large star tip, pipe remaining topping in a border around top of dessert and in a design over top. Refrigerate until ready to serve.