

## **Mixed Fruit Bavarian**

Serving Size: ½ cup

Serves: 6

1 cup boiling water  
1 pkg. (4-serving size) sugar free cherry gelatin mix  
1 cup cold water  
1½ cups fat free sugar free whipped topping  
2 cups water pack fruit cocktail, drained

Stir boiling water into gelatin in medium bowl at least 2 minutes until completely dissolved. Stir in cold water. Refrigerate 1 hour 15 minutes or until slightly thickened (consistency of unbeaten egg whites). Gently stir in the whipped topping and fruit until well blended. Pour into 4-cup mold or individual molds sprayed with cooking spray. Refrigerate 4 hours or until firm. Unmold dessert onto serving plate. Garnish with a bit of whipped topping.

### **Exchanges per serving:**

1 Fruit

### **Nutrients per serving:**

Calories: 74

Calories from fat: 21

Total Fat: 2g

Saturated Fat: 2g

Cholesterol: 0mg

Sodium: 33mg

Carbohydrate: 13g

Dietary Fiber: 1g

Protein: 1g