

Strawberry Chocolate Swans

Serving Size: 1/6 of recipe

Serves: 6

Ingredients

- 1 cup fresh strawberries, diced
- 1 oz orange liqueur
- 3 cups sugar free, fat free whipped topping
- 1 3.5oz bar of dark chocolate 70% cocoa or higher,
Broken into small pieces

Directions

Chill your dessert plates.

In a mixing bowl, combine the strawberries and the liqueur. Fold in the whipped topping and set aside in the refrigerator.

In a double boiler, heat the chocolate over medium heat until melted.

Set aside to cool slightly.

Form a pastry bag from wax paper or a zip lock bag by folding into a cone. Line a baking sheet with wax paper to work on.

Fill the pastry bag with the chocolate. Carefully pipe the molten chocolate onto the baking sheet to form a swan neck, wings and tail. You can use a toothpick or knife to draw feathers in the chocolate before it cools. Use the knife to touch up your swan parts.

Carefully transfer the baking sheet and swan parts to the refrigerator to harden.

Set out your desert plates, the strawberry whipped topping mixture and the chocolate swan parts.

Assemble each swan by starting with a dollop of whipped topping. Add two wings, a neck and a tail to each dollop to form a swan. Store each in the refrigerator until serving.

Exchanges per serving:

2 Fruits, 2 Fats

Nutrients per serving:

Calories: 207

Calories from fat: 117

Total Fat: 12g

Cholesterol: 0mg

Sodium: 2mg

Total Carbohydrate: 23g

Dietary Fiber: 2g

Protein: 2g