

**INGREDIENTS:**

- 1 cup of plain yogurt
- 1 cup of strawberries
- 1 lemon, juiced
- sugar substitute (optional)
- 1 (8 oz) package of unflavored gelatin
- strawberry slices for garnish



# Mousse de frutillas (fruit mousse)

**Directions**

1. Blend the yogurt, strawberries, lemon juice, and sugar substitute together in a blender until smooth.
2. Add the gelatin and blend again.
3. Transfer the mixture into several small bowls. Refrigerate until firm.
4. Garnish with fresh, thinly sliced strawberries.