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# Lemon Mousse

*Ruth Siegel - New Jersey*

*North American Potpourri - Autism Directory Service, Inc - 1993*

**2 packages lemon Jello**

**2 cups boiling water**

**1 can (6 ounce) frozen lemonade**

**1 can (20 ounce) crushed pineapple, drained and 3/4 cup reserved**

**2 containers (8 ounce ea) Cool Whip Lite®, recently defrosted**

In a bowl, dissolve the Jello in two cups of boiling water. Add the frozen lemonade to the mixture.

Drain the juice from the crushed pineapple (should be about 3/4 cup of juice) Add the juice ONLY to the lemon Jello mixture. Place the Jello mixture into the freezer for approximately 30 minutes, or a little longer, until it just starts to thicken.

Remove the Jello mixture from the freezer. Mix it and add the crushed pineapple to the mixture. Add two containers of Light Cool Whip (recently defrosted). Fold into the mixture until smooth.

Pour the mixture into a three-quart dish which has been lightly greased.

(This dish can definitely be made on the day before service.)

## Dessert

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*Per Serving (excluding unknown items): 170 Calories; 1g Fat (6.0% calories from fat); 1g Protein; 41g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 23mg Sodium. Exchanges: 2 1/2 Fruit; 0 Fat; 0 Other Carbohydrates.*