Fluffy Jello Recipe

**SERVINGS: 4**

**INGREDIENTS**
1 box sugar-free jello, any flavor
8 T. of Cool Whip Free

**DIRECTIONS**

1. Make jello according to directions on box
2. Put in refrigerator to set
3. Once set, divide jello into four ½ cup servings
4. Vigorously mix 2 T. of Cool Whip Free with each ½ cup serving

**NUTRITIONAL ANALYSIS PER SERVING (half a cup)**
Calories: 30
Fat: 0 grams
Protein: 1 gram
Carbohydrate: 2 grams
Cholesterol: 0 mg
Sodium: 65 mg
Sugar: <1 gram