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