

# *First Food Company*

*Sugar Free*

*Fast & Fancy Mousse Mix*



*Creative Recipes*

*Mousse, Pies, Frozen Desserts, Fillings and Frostings*

FIRST FOOD COMPANY DALLAS, TX

(800) 527-1866 • (214) 637-0214

[www.FirstFoodCo.com](http://www.FirstFoodCo.com)

# RECIPE GUIDE

## SUGAR FREE FAST & FANCY

15.2 oz. Package

*\* Recipe ingredients are standardized per package size*

### SUGAR FREE FAST & FANCY - Plain

Serving

Size: 1/2 Cup

INGREDIENTS	Servings	METHOD
SUGAR FREE FAST & FANCY	25 1 Pkg. (15.2 oz.)	1. Add Sugar Free FAST & FANCY to Ice Cold Water. Mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	3 Cups	2. Whip at high speed 5 minutes. 3. Refrigerate at least 4 hours or overnight.

### It's As Easy As 1 - 2 - 3

1. All liquids must be **ICE COLD**.
2. The **TOTAL** ice cold liquid amounts should **not exceed:**  
**3 Cups** for the 15.2 oz. Package

*1/2 of these amounts **MUST BE ICE COLD WATER.***

*You may use ice cold Sugar Free lemonade, juices, etc. for the other 1/2 for different flavors.*

3. Just whip 5 minutes and refrigerate at least 4 hours.

*SUGAR FREE FAST & FANCY can be whipped and refrigerated a day in advance.*



**FOR WHIP TOPPING CONSISTENCY  
USE 4 CUPS ICE COLD WATER**

#### NUTRITION INFORMATION

Serving Size 2tbsp.(15g) (makes 1/2 cup)

Servings per Container 28 (15.2oz. bag)

Amount per Serving

Calories 70

Calories from Fat 40

%Daily Value\*

Total Fat 4.5g

7%

Saturated Fat 4g

20%

Cholesterol 0mg

0%

Sodium 125mg

5%

Total

Carbohydrate 9g

3%

Dietary Fiber 0g

0%

Sugars 0g

Sorbitol 4g

Protein 1g

Ingredients: Sorbitol, partially hydrogenated palm kernel oil and coconut oil and soybean oil, corn syrup solids, maltodextrin, sodium caseinate (a milk derivative), food starch-modified, propylene glycol esters of fatty acids, acetylated monoglycerides, lactic acid esters, cornstarch, agar, tetrasodium pyrophosphate, disodium phosphate, mono and diglycerides, sodium phosphate, cream of tartar, aspartame (a non-nutritive sweetener), salt, artificial flavor, sodium silico aluminate, microcrystalline cellulose, and hydroxypropyl-cellulose.

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**CREAMY APPLE WALDORF**

Serving Size: 1/2 Cup

<b>INGREDIENTS</b>	<b>Servings</b> <b>35</b>		<b>METHOD</b>
<b>SUGAR FREE FAST &amp; FANCY</b>	1 Pkg. (15.2 oz)	1.	Add Sugar Free FAST & FANCY to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	1 1/2 Cups	2.	Whip at high speed 5 minutes.
Juice Packed Pineapple Tidbits (drained)	2 Cups	3.	Fold in remaining ingredients.
Red Apples - Cubed	2 1/2 Qts.	4.	Portion. Refrigerate at least 4 hours before serving.
Celery - Diced	2 Cups		
Nuts - Chopped (Optional)	1 Cup		

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**FROZEN PEPPERMINT PIE** (May be frozen)

<b>INGREDIENTS</b>	<b>Yield</b> <b>14 Cups</b>		<b>METHOD</b>
<b>SUGAR FREE FAST &amp; FANCY</b>	1 Pkg. (15.2 oz)	1.	Add Sugar Free FAST & FANCY to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	3 Cups	2.	Whip at high speed 5 minutes.
Peppermint Extract	1/8 tsp.	3.	Gradually fold in extract and food color. Mix until well blended.
Red Food Coloring	2-3 Drops		
9" Chocolate Graham Cracker Shells	3	4.	Portion 4 1/2 cups per pie shell. Refrigerate or freeze before serving. Garnish with mint.

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**PUMPKIN MOUSSE PIE**

<b>INGREDIENTS</b>	<b>Yield</b> <b>15 Cups</b>		<b>METHOD</b>
<b>SUGAR FREE FAST &amp; FANCY</b>	1 Pkg. (15.2oz.)	1.	Add Sugar Free FAST & FANCY and pie spice to ice cold water. Mix at low speed until moist. Scrape Bowl.
Pumpkin Pie Spice	2 Tbsp.		
Ice Cold Water	3 Cups	2.	Whip at high speed 5 minutes.
Pumpkin Pie Filling*	3 Cups	3.	Add pumpkin and whip on med. speed 1-2 minutes or until well blended.
*May substitute pumpkin solids			
Pie Crust (9") <b>PRE-BAKED</b>	3	4.	Portion 5 cups per pie shell. <b>REFRIGERATE 4 HOURS OR OVERNIGHT.</b>

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# CHOCOLATE MINT PIE (OR MOUSSE)

## INGREDIENTS

SUGAR FREE FAST & FANCY

1 Pkg (15.2 oz.)

Ice Cold Water

3 Cups

Sugar Free Chocolate  
Mints Cookies (Crushed)

1 Pkg

Pie Shell (9 inch)

2

Graham Cracker

\*\*Garnish with Chocolate Syrup\*\*

## METHOD

1. Add Sugar Free FAST & FANCY to ice cold water and mix at low speed until moist. Scrape bowl sides
2. Whip at high speed 5 minutes.
3. Fold in crushed cookies
4. Portion per pie shell.  
**Refrigerate 4 hours or overnight.**

## FANTASY FRUIT

Serving Size: 1/2 Cup

### INGREDIENTS

Servings  
35

### METHOD

SUGAR FREE FAST & FANCY

1 Pkg. (15.2 oz)

1. Add Sugar Free FAST & FANCY to ice cold water and mix at low speed until moist. Scrape bowl sides.

Ice Cold Water

2 1/2 Cups

2. Whip at high speed 5 minutes.

Juice Packed Fruit Cocktail (Drained)

6 Cups

3. Fold in drained fruit.
4. Portion.  
Refrigerate 4 hours or overnight.

### RECIPE VARIATIONS

Prepare recipe as shown. Fold in these additional ingredients:  
15.2 oz. Pkg.

I. **Ambrosia**

Coconut Extract

1 tsp

Nuts-Chopped(Opt)

1 Cup

II. **Glorified Rice**

Rice - Cooked

2 Cups

Note: Recipe standardized with canned fruit packed in real fruit juice

Amounts of drained fruit may be increased as desired; DO NOT EXCEED LIQUID AMOUNTS.

**Fruit Trifle: layer Fast & Fancy with fruit and cake cubes in glass bowl.**

## KEY LIME PIE

### INGREDIENTS

Yield  
8 Cups

### METHOD

SUGAR FREE FAST & FANCY

1 Pkg. (15.2 oz)

1. Add Sugar Free FAST & FANCY to ice cold water and mix at low speed until moist. Scrape bowl sides

Ice Cold Water

1 1/2 Cups

2. Whip at high speed 5 minutes.

Ice Cold SF Lime Drink (Prepared)  
Green Food Coloring (Opt)

1 1/2 Cups (12oz.)  
As Desired

3. Add SF Lime drink (prepared) & Food Coloring on med. speed until blended.

Pie Shell (9")

2

Graham Cracker

4. Portion 4 cups per pie shell.  
REFRIGERATE 4 HOURS OR OVERNIGHT.

Garnish with Fresh Lime and Mint.

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## SUGAR FREE LEMONADE PIE

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INGREDIENTS	Yield 10 Cups		METHOD
<b>SUGAR FREE FAST &amp; FANCY</b>	1 Pkg. (15.2 oz)	1.	Add Sugar Free FAST & FANCY to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	1 Cup (8 oz.)	2.	Whip at high speed 5 minutes.
Ice Cold SF Lemonade Drink Mix (Prepared) Yellow Food Coloring*	2 Cups As Desired	3.	Add Prepared SF Lemonade Drink Mix & food color. Whip on med. speed until well blended.
Pie Shell (9") Graham Cracker	2	4.	Portion 5 cups per pie shell. <b>Refrigerate four hours or overnight..</b>

\* Try SF Pink Lemonade with Red Food Color.

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## CREAMY CHERRY PIE

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INGREDIENTS	Yield 16 Cups		METHOD
<b>SUGAR FREE FAST &amp; FANCY</b>	1 Pkg. (15.2 oz.)	1.	Add Sugar Free FAST & FANCY to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	2 Cups	2.	Whip at high speed 5 minutes.
No Sugar Added Cherry Pie Filling	6 Cups	3.	Fold in no sugar added pie filling and mix until well blended.
Pie Crust (9") Pre-Baked	3	4.	Portion 5 cups per pie shell. <b>REFRIGERATE 4 HOURS OR OVERNIGHT.</b>

VARIATIONS:

\* Substitute other fruit pie fillings such as blueberry, raspberry, etc.

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## ORANGE ZEPHYR

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Serving Size: 1/2 Cup

INGREDIENTS	Servings 24		METHOD
<b>SUGAR FREE FAST &amp; FANCY</b>	1 Pkg. (15.2 oz)	1.	Add Sugar Free Fast & Fancy to ice cold SF juice and mix at low speed until moist. Scrape bowl sides.
Ice Cold SF Orange Drink	2 1/2 Cups	2.	Whip at high speed 5 minutes.
Juice Packed Crushed Pineapple (drained)	1 1/2 Cups	3.	Fold in drained pineapple and mix until blended.
Orange Food Color	2 drops	4.	Add food color and nuts (opt.)
Nuts - Chopped (Optional)	1/4 Cup	5.	Portion.

**REFRIGERATE 4 HOURS OUR OVERNIGHT.**

**VARIATION:** Pour into Graham Cracker Crust (sheet pan) and cut into bars after chilling.

May be frozen

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## VANILLA FROSTING

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INGREDIENTS	Yield 10 Cups	METHOD
<b>SUGAR FREE FAST &amp; FANCY</b>	1 Pkg. (15.2 oz)	1. Add Sugar Free FAST & FANCY to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	2 1/2 Cups	2. Whip at high speed 5 minutes.
Vanilla Flavoring	2 Tbsp.	3. Add remaining ingredients and mix until blended.
		4. Refrigerate 4 hours and spread over <b>cooled</b> cake.

VARIATIONS (Yields may vary)

15.2 oz. Pkg.

**I. Chocolate Frosting** (Semi-Sweet)

Sugar Free FAST & FANCY	1 Pkg.
Ice Cold Water	2 1/2 Cups
Vanilla Flavor	2 tsp.
Cocoa Powder	1/4 Cup

Follow Method Above

**CAPPUCCINO Frosting:** Replace water with Ice Cold Coffee.

**II. Peanut Butter Frosting**

Sugar Free FAST & FANCY	1 Pkg.
Ice Cold Water	2 Cups
Peanut Butter	3 Cups

Follow Method Above

**III. Coconut Frosting**

Sugar Free FAST & FANCY	1 Pkg.
Ice Cold Water	2 1/2 Cups
Almond Flavoring	1 Tbsp.
Coconut Extract	1 Tbsp.

Follow Method Above

**IV. Strawberry Frosting**

Sugar Free FAST & FANCY	1 Pkg.
Ice Cold Water	2 Cups
Fresh Strawberries	1 Cup (or 1 Tbsp. Strawberry Extract)
Red Food Color	As Desired

Follow Method Above

\* **Note:** 1. Refrigerate frosting 4 hours and use with a pastry bag/tip for cake decorating.

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## APPLESAUCE FROST

Serving Size: 1/2

Cup

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INGREDIENTS	Servings 24	METHOD
<b>SUGAR FREE FAST &amp; FANCY</b>	1 Pkg. (15.2 oz)	1. Add Sugar Free FAST & FANCY to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	1 1/2 Cups	2. Whip at high speed 5 minutes.
No Sugar Added Applesauce (undrained)	2 1/2 Cups	3. Add applesauce and mix on med. speed until blended.
Cinnamon	1 tsp.	4. Portion. Refrigerate 4 hours or overnight.

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Use as a topping with spice cake; as a filling between SF oatmeal cookies; or a topping on hot oatmeal.

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# CHOCOLATE MOUSSE

Serving Size: 1/2 Cup

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INGREDIENTS	Servings 25	METHOD
<b>SUGAR FREE FAST &amp; FANCY</b>	1 Pkg. (15.2 oz)	1. Add Sugar Free FAST & FANCY to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	2 1/2 Cups	2. Whip at high speed 5 minutes.
Cocoa Powder	4 Tbsp.	3. Add remaining ingredients and mix until well blended.
<b>CAPPUCCINO:</b> Replace water with Ice Cold Coffee		4. Portion. <b>Refrigerate at least 4 hours or overnight.</b>
RECIPE VARIATIONS: (Yield may vary slightly)		

## I. Mocha Mousse

SUGAR FREE FAST & FANCY	1 Pkg.
Ice Cold Water	1 1/2 Cup
Ice Cold Coffee	1 Cup
Cocoa Powder	4 Tbsp.

## II. Chocolate Cherry Mousse

SUGAR FREE FAST & FANCY	1 Pkg.
Ice Cold Water	3 Cups
Cherry Extract	1/8 tsp.
Cocoa Powder	4 Tbsp.

## III. Chocolate Mint Mousse

SUGAR FREE FAST & FANCY	1 Pkg.
Ice Cold Water	3 Cups
Sugar Free Chocolate Mint Cookies (crushed)	1 Pkg

## IV Almond Mousse or Filling for Coissants

SUGAR FREE FAST & FANCY	1 Pkg
Ice Cold Water	3 Cups
Almond Flavoring	2 T.
Brown Food Color	As Desired
<b>Reduce Water 1/2 for Croissant Filling.</b>	

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# STRAWBERRY MOUSSE

Serving Size: 1/2 Cup

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INGREDIENTS	Servings 20	METHOD
<b>SUGAR FREE FAST &amp; FANCY</b>	1 Pkg. (15.2 oz) **	1. Add Sugar Free FAST & FANCY to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	1 1/2 Cups	2. Whip at high speed 5 minutes.
Fresh Strawberries (puree)	1 1/2 Cups	3. Puree strawberries to liquid state. Add to mixture. Whip 1minute on med. speed.
Red Food Color	As Desired	4. Portion. <b>Refrigerate at least 4 hours or overnight.</b>

\* Substitute other fruits for variety of flavor: Raspberry, Blueberry, Apricots, Peaches, etc. Fresh Only!

## Sugar Free MOUSSE - Flavored with Puddings

VARIATIONS: Chocolate, Butterscotch, Lemon, Banana, Coconut, etc.

### I. Made with Dry Pudding Mix

Sugar Free FAST & FANCY	1 Pkg
Ice Cold Water	3 Cups
SF Pudding Mix, Dry	2 oz.

Directions: Add Sugar Free FAST & FANCY to Ice Cold Water. Mix at low speed until moist. Scrape bowl sides. Whip at high speed 5 minutes. Gradually add Dry Pudding Mix to whipped base. Whip on med/high until blended. Refrigerate 4 hours.

### II. Made with Prepared Pudding

Sugar Free FAST & FANCY	1 Pkg.
Ice Cold Water	2 Cups
SF Pudding, Prepared	1 Cup

Directions: Add Sugar Free FAST & FANCY to Ice Cold Water. Mix at low speed until moist. Scrape bowl sides. Whip at high speed 5 minutes. Add Prepared Pudding and mix at medium speed until blended. Refrigerate 4 hours.

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## PEACHES & CREAM PIE

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INGREDIENTS	Yield 15 Cups		METHOD
<b>SUGAR FREE FAST &amp; FANCY</b>	1 Pkg. (15.2 oz)	1.	Add Sugar Free FAST & FANCY ice cold water and mix at low speed until moist. Scrape bowl.
Water	2 Cups	2.	Whip at high speed 5 minutes.
Ice Cold SF Peach Drink Mix	1 Cup	3.	Add remaining ingredients and mix on med. speed 1-2 minutes or until well blended.
Almond Extract	1/4 Tsp.		
Juice Packed Sliced Peaches (Drained)	16 oz. can		
SF Nilla Wafers (crushed)	1 1/2 Cups		
Pie Crust (9")	3	4.	Portion 5 cups per pie shell.
Nilla Wafer Crust			<b>Refrigerate at least 4 hours or overnight.</b>
Garnish with sliced Peaches.			

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## FROZEN COOKIES & CREAM PIE

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INGREDIENTS	Yield 16 Cups		METHOD
<b>SUGAR FREE FAST &amp; FANCY</b>	1 Pkg. (15.2 oz)	1.	Add Sugar Free FAST & FANCY to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	3 Cups	2.	Whip at high speed 5 minutes.
Crushed SF Chocolate Cream Filled Cookies	3 Cups	3.	Fold in cookie crumbs and mix until well blended.
Prebaked Pie Crust (9")	3	4.	Portion 5 cups per pie shell. Top with whole cookies
			<b>Refrigerate at least 4 hours or overnight.</b>

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## ORANGE & PINEAPPLE CLOUD

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INGREDIENTS:			METHOD
<b>SUGAR FREE FAST &amp; FANCY</b>	15.2 oz.	1.	Prepare Gelatin per package directions. Measure 16 cups.
SF Orange Gelatin (prepared per directions)	16 cups	2.	Let stand, stirring occasionally, until slightly thickened, about 5 minutes.
Mandarin Orange Sections (drained)	11oz.	3.	Follow directions for prepared Fast & Fancy.
Juice Packed Crushed Pineapple (drained)	11 oz.	4.	Fold approximately 3/4 of prepared Sugar Free FAST & FANCY into the gelatin. Pour gelatin mixture into a cobbler pan, filling about halfway.
Fancy.		5.	Place a layer of the Sugar Free FAST & FANCY across the gelatin mixture and then cover with fruit. Top with remaining gelatin mixture. <b>Refrigerate at least 4 hours or overnight.</b>



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## FROZEN COOKIE SANDWICHES

Serving Size: 1 Cookie Sandwich

INGREDIENTS	Servings 60	METHOD
<b>SUGAR FREE FAST &amp; FANCY</b>	1 Pkg. (15.2 oz)	1. Add SF Fast & Fancy to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	3 Cups	2. Whip at high speed 5 minutes.
Natural Peanut Butter	2 Cups	3. Add Peanut Butter and whip on medium speed until well blended.
SF Chocolate Cookies	120	4. Portion 1/4 cup mixture between 2 cookies. <b>Freeze and serve.</b>

### VARIATIONS:

No Sugar Added Fruit Fillings.  
See Chocolate Mint Pie Recipe for filling



## Roberta's Chocolate Romance



INGREDIENTS	METHOD
<b>SUGAR FREE FAST &amp; FANCY</b>	1. Prepare Sugar Free FAST & FANCY per package directions with ice cold water.
Ice Cold Water	2. Fold in Pecans or Walnuts and Rice Crispies with spoon – not electric mixer.
Chopped Pecans or Walnuts	3. Fold into crust.
Rice Crispies	4. Drizzle Chocolate Syrup
Chocolate Graham Cracker Crust	5. Refrigerate overnight.
Low Calorie Chocolate Syrup	

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## SUGAR FREE COCONUT CREAM PIE

Serving Size: 1/2 Cup

INGREDIENTS	Servings 24	METHOD
<b>SUGAR FREE FAST &amp; FANCY</b>	1 Pkg. (15.2 oz)	1. Add SF Fast & Fancy to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	2 Cups	2. Whip at high speed 5 minutes.
Coconut Extract	2 Tbls.	3. To the SF Fast & Fancy, add 2 Tbls. of Coconut extract
Pie Shell (9")		4. Pour into 2 - 9" Graham Cracker Pie Shells. <b>Refrigerate at least 4 hours or overnight.</b>
Graham Cracker		

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## WATERGATE SALAD

<b>Sugar free Fast &amp; Fancy</b>	17oz	1. Mix Fast & Fancy with ice cold water 1 minuted at low speed. Scrape bowl. Mix at high speed 5 minutes.
Ice Cold Water	3 cups	2. Mix Pudding (dry) with Crushed Pineapple (not drained).
Pistachio Pudding	3 oz Pkg	3. Fold in Fast & Fancy Mixture & chopped pecans.
Crushed Pineapple with Juice	20 oz	4. Refrigerate 4 hours.
Pecans (slightly chopped)	1 cup	

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## BREAKFAST PARFAIT:

Layer prepared Sugar Free Fast & Fancy with sliced strawberries and granola for a delicious breakfast parfait!!!! Top with fresh strawberry slices.

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# SUGAR FREE SMOOTHIE RECIPES

Compliments of **THE DAILY GRIND**  
Watkinsville, GA

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## BLUSHING GEORGIA PEACH

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### INGREDIENTS

<b>Sugar Free FAST &amp; FANCY</b>	2-2 1/2 oz.
Ice Cold Sugar Free Orange Juice	2-3 oz.
Strawberries	2-3
Peach Slices	7
Ice	5 cups

### METHOD

1. Add all ingredients to blender. Mix until ice is gone.
2. Service in tall ice cream soda glasses.
3. Top with dollop of topping & drizzle some Orange Juice on top

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## STRAWBERRY FROST

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### INGREDIENTS

<b>Sugar Free FAST &amp; FANCY</b>	2-2 1/2 oz.
Strawberries	3-4
Strawberry Tarani Sauce Or flavored syrup	1 oz.
Skim Milk	2-3 oz.
Ice	5 cups

### METHOD

1. Add all ingredients to blender. Mix until ice is gone
2. Service in tall ice cream soda glasses.
3. Top with dollop of topping & drizzle some Strawberry flavoring on topping.

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## HAWAIIAN FROST

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<b>Sugar Free FAST &amp; FANCY</b>	2-2 1/2 oz.
Hazelnut coffee	4 oz.
Ice	5 cups

1. Add all ingredients to blender. Mix until ice is gone
2. Service in tall soda glasses.
3. Top with dollop of whipped topping.

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## VANILLA CREAM SMOOTHIE

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### INGREDIENTS

<b>Sugar Free FAST &amp; FANCY</b>	2-2 1/2 oz.
Sugar Free Vanilla Cream Syrup	1-1 1/2 oz.
Skim Milk	2-3 oz.
	5 cups

### METHOD

1. Add all ingredients to blender. Mix until ice is gone
2. Service in tall ice cream soda glasses.
3. Top with dollop of whipped topping & drizzle Ice some vanilla cream syrup over topping

# Chef Mark's Selections

## Oreo Cookie Mocha Mousse

- 1 15.2oz Sugar Free Fast & Fancy Mousse Mix
- 12 Crushed Sugar Free Oreo Cookies (crushed)
- 3 C. Ice Cold Coffee
- 2T. Cocoa

Make Sugar Free Fast & Fancy according to package directions using ice cold coffee in place of water. After mixing for 5 minutes, fold in crushed Oreo Cookies and cocoa and mix for another minute. Refrigerate for 4 hours (or overnight).

## Strawberry Kiwi Mousse

- 1 15.2oz Sugar Free Fast & Fancy Mousse Mix
- 3 Kiwis (peeled and diced fine)
- 15 Strawberries (sliced)
- 3 C. Ice Cold Water
- 1T. Strawberry Extract

Prepare according to package directions. Fold in fruit & extract. Refrigerate at least 4 hours (or overnight)

## Mandarin Orange Cremesicle Mousse

- 1 15.2oz Sugar Free Fast & Fancy Mousse Mix
- 2 1/2 C. Ice Cold Water
- 3 tsp Orange Extract
- 3 C. Mandarin Oranges (drained and patted dry)

Prepare according to package directions. Fold in oranges and extract. Refrigerate at least 4 hours (or overnight).

Chef Mark Dombroski, Executive Chef