

Citrus Yogurt Mousse

	Ingredients
1 pkg	Knox gelatin (about 3 tsp)
1	Large orange, zest & juice
¾ cup	Sugar
3 cups	Greek yogurt, vanilla or plain (I use a 32 oz container)
1 cup	Heavy cream
2 Tb	Sugar
	Fresh fruit or sauce for top

Method

1. Whip the heavy cream with 2 Tb sugar until soft peaks form. Set aside.
2. Dissolve (bloom) the powdered gelatin in ¼ cup water.
3. Combine the juice with water to equal ¾ cup.
4. Warm the juice with the zest and ¾ cup sugar until the sugar is dissolved.
5. Add the bloomed gelatin and stir until dissolved. Allow to cool.
6. In a large bowl, whisk together the yogurt and juice mixture.
7. Fold in the whipped cream.
8. Pour into cups and let set up overnight
9. Makes 16 – ½ cup servings
10. You can add a layer of sauce & fruit to the top.

Notes

Replace the orange juice with mango juice and lime zest to make a mango version.