

LEMON MOUSSE Sharon Ward's

"This is from a Weight Watchers Book and is fairly low in calories."

1/4 cup + 2 tablespoons lemon juice
1 envelope unflavored gelatin
4 large eggs, separated
 granulated sugar substitute to equal 4 teaspoons sugar
1 tablespoon grated lemon rind
2 large egg whites
3 tablespoons granulated sugar
2 cups frozen whipped topping, thawed slightly
1 1/2 cups graham cracker crumbs
 1 tablespoon margarine, melted
 2 tablespoons granulated sugar

Mix well: graham cracker crumbs, margarine & 2 tablespoons sugar.
Press into 9 x 13-inch pan.

In small saucepan, stir lemon juice & gelatin; let stand 5 minutes.
Heat mixture over medium heat, stirring, until gelatin is dissolved.

In large bowl, whisk egg yolks, sugar substitute, and grated lemon
rind until very light and lemon-colored. Whisk in dissolved gelatin
mixture.

In clean bowl, with electric mixer at high speed, beat egg whites
until frothy. Gradually beat in sugar and continue beating until
shiny and stiff peaks form when beaters are lifted. Gently fold
whites into lemon mixture. Fold in whipped topping until no white
streaks remain.

Gently spoon into pan, over crust, cover and refrigerate at least
three hours or overnight.

Garnish with julienne-cut lemon rind.



SWEETS

