

Decorate your dessert plate by adding **EATING RIGHT™** Chocolate Frozen Yogurt.

Ingredients:

2 tsp (10 ml)	unflavoured gelatin
2 tbsp (25 ml)	frozen orange juice. Concentrate, thawed
½ cup (125 ml)	granulated sugar
⅓ cup (75 ml)	water
6	egg whites
8 oz (250 grams)	light cream cheese
1 cup (250 ml)	yogurt cheese
½ tsp (2 ml)	grated orange zest
½ tsp (2 ml)	vanilla
16	soft lady finger cookies
1 cup (250 ml)	cold strong coffee
2 tbsp (25 ml)	cocoa powder

Per Serving

Calories: 124

Dietary Fiber: Trace

Fat: 4 grams

Carbohydrate: 16 grams

Protein: 6 grams

Directions:

1. In a small sauce pan, sprinkle gelatin over orange juice concentrate; cook, stirring, over low heat until dissolved. Cool.
2. In a small sauce pan, combine sugar and water; cook over medium heat until syrup reaches 234 to 240° F (112 to 116° C) or soft ball stage (syrup dropped in cold water forms soft ball).
3. In a bowl, beat egg whites until soft peaks form; gradually pour in syrup, beating constantly until cool and very stiff. Beat in dissolved gelatin, beating for 30 seconds.
4. In a large bowl, beat together cream cheese, yogurt cheese, orange zest and vanilla until smooth and creamy. Fold in meringue, one-third at a time.
5. Separate ladyfingers; drizzle each with coffee and half in bottom of deep 9-inch (23 cm) glass. Cover with half of the meringue mixture. Sprinkle 1 tbsp (15 ml) cocoa. Repeat layers. Cover refrigerate for at least 4 hours until set.



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