

Now, we all know that ice cream is a summer favorite for most people, especially children. However, if I ate ice cream every time I wanted it, I would hate to see how much my waistline would suffer!

Yogurts and sorbets are a tiny bit healthier and that allows my mind to convince me that an occasional overindulgence is all right.

I was grocery shopping with my mom the other day and she was in search of raspberry sorbet. As I pushed my little cart along I remembered this recipe that I came across when I was pregnant with my son.

I made this recipe several times while I was living in Omaha. The humidity in that city always led me to believe that I needed sweet treats to cool off. I hope you enjoy it as much as I did.

### **Raspberry Summer Sensation**

1 pt. (2 cups) raspberry sorbet, softened

1 pkg. (1 oz.) JELL-O Vanilla Flavor Fat Free Sugar Free Instant Pudding

1 cup cold fat-free milk

1 tub (8 oz.) Sugar Free Whipped Topping, thawed

1 cup raspberries

Line 9x5-inch loaf pan with foil. Spoon sorbet into prepared pan; freeze 10 min. Beat pudding mix and milk with whisk 2 min. Stir in whipped topping; spread over sorbet. Freeze 3 hours or until firm. Unmold onto plate; remove foil. Let stand 10 min. to soften slightly before slicing to serve. Top with berries.