

Lemon Chiffon

1 package sugar free lemon Jell-O

1 cup hot water

1 lemon, juice of

1/2 lemon rind grated

1 can evaporated skim milk that has been refrigerated for at least 2 days

1/3 *cup of sugar

1/2 tsp. vanilla

4 oz. low-fat graham crackers, crushed into crumbs

Dissolve Jell-O in hot water, add lemon juice and rind. Mix well. Refrigerate until syrupy. Whip (aerate) evaporated skim milk at high speed on mixer. When fully aerated, add sugar very slowly; when thoroughly mixed - add vanilla. Mix milk and syrupy Jell-O together. Spread 1/2 of graham cracker crumbs on bottom of 10" spring form pan. Pour milk/Jell-o mixture on top. Top off with remainder of crumbs. Refrigerate for at least 2 hours. To serve, remove sides of pan and put bottom of pan with chiffon on a plate.

Number of servings: 8

Fat: .87 grams/serving

*Sugar substitute equal to sugar may be used to make it sugar free.

Also, have not used the graham cracker crumbs and it is still good.

OTHER FLAVORS OF JELLO MAY BE USED

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