



## RASPBERRY MOUSSE CAKE

1 yellow cake mix

### **Mousse**

3 cups fat free half and half

3 oz. Egg whites

1 tsp. vanilla extract

$\frac{1}{2}$  cup raspberry sauce

Confectioner's sugar

### Directions:

Prepare cake mix according to package directions. Bake in mini cupcake pans. Cool and refrigerate 1 hour before serving.

### **Mousse**

Whip half and half until stiff peaks form. Slowly add raspberry sauce and vanilla until incorporated. Whip egg whites until stiff peaks and fold in 1/3 at a time until incorporated. Frost Cut cooled cupcakes into 3 even layers and spread each layer with raspberry sauce and mousse. Restack and refrigerate until set. Dust with confectioner's sugar at serving time.

Yield: 25 mini cupcakes

Chef Brian Smith, Pearl Bistro, 1475 W 86<sup>th</sup> St, Indianapolis, 876-7990 [www.pearlbistro.biz](http://www.pearlbistro.biz)

Nutrition Information: 100 Calories, 3 gm fat, 1 gm saturated fat, 0 gm trans fat, 0 mg cholesterol, 20 gm carbohydrate, 0 gm fiber, 2 gm protein, 160 mg sodium

**William K. Nasser, MD 19<sup>th</sup> Annual Dining A La Heart Fundraiser Event  
to benefit THE REVIVING HEART PROGRAM**