

First Food Company

Sugar Free

Fast & Fancy Mousse Mix



Creative Recipes

Mousse, Pies, Frozen Desserts, Fillings and Frostings

FIRST FOOD COMPANY DALLAS, TX

(800) 527-1866 • (214) 637-0214

www.FirstFoodCo.com

RECIPE GUIDE

SUGAR FREE FAST & FANCY

15.2 oz. Package

** Recipe ingredients are standardized per package size*

SUGAR FREE FAST & FANCY - Plain

Serving

Size: 1/2 Cup

INGREDIENTS	Servings	METHOD
SUGAR FREE FAST & FANCY	25 1 Pkg. (15.2 oz.)	1. Add Sugar Free FAST & FANCY to Ice Cold Water. Mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	3 Cups	2. Whip at high speed 5 minutes. 3. Refrigerate at least 4 hours or overnight.

It's As Easy As 1 - 2 - 3

1. All liquids must be **ICE COLD**.
2. The **TOTAL** ice cold liquid amounts should **not exceed:**
3 Cups for the 15.2 oz. Package

*1/2 of these amounts **MUST BE ICE COLD WATER.***

You may use ice cold Sugar Free lemonade, juices, etc. for the other 1/2 for different flavors.

3. Just whip 5 minutes and refrigerate at least 4 hours.

SUGAR FREE FAST & FANCY can be whipped and refrigerated a day in advance.



**FOR WHIP TOPPING CONSISTENCY
USE 4 CUPS ICE COLD WATER**

NUTRITION INFORMATION

Serving Size 2tbsp.(15g) (makes 1/2 cup)

Servings per Container 28 (15.2oz. bag)

Amount per Serving

Calories 70

Calories from Fat 40

%Daily Value*

Total Fat 4.5g

7%

Saturated Fat 4g

20%

Cholesterol 0mg

0%

Sodium 125mg

5%

Total

Carbohydrate 9g

3%

Dietary Fiber 0g

0%

Sugars 0g

Sorbitol 4g

Protein 1g

Ingredients: Sorbitol, partially hydrogenated palm kernel oil and coconut oil and soybean oil, corn syrup solids, maltodextrin, sodium caseinate (a milk derivative), food starch-modified, propylene glycol esters of fatty acids, acetylated monoglycerides, lactic acid esters, cornstarch, agar, tetrasodium pyrophosphate, disodium phosphate, mono and diglycerides, sodium phosphate, cream of tartar, aspartame (a non-nutritive sweetener), salt, artificial flavor, sodium silico aluminate, microcrystalline cellulose, and hydroxypropyl-cellulose.

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CREAMY APPLE WALDORF

Serving Size: 1/2 Cup

INGREDIENTS	Servings 35		METHOD
SUGAR FREE FAST & FANCY	1 Pkg. (15.2 oz)	1.	Add Sugar Free FAST & FANCY to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	1 1/2 Cups	2.	Whip at high speed 5 minutes.
Juice Packed Pineapple Tidbits (drained)	2 Cups	3.	Fold in remaining ingredients.
Red Apples - Cubed	2 1/2 Qts.	4.	Portion. Refrigerate at least 4 hours before serving.
Celery - Diced	2 Cups		
Nuts - Chopped (Optional)	1 Cup		

FROZEN PEPPERMINT PIE (May be frozen)

INGREDIENTS	Yield 14 Cups		METHOD
SUGAR FREE FAST & FANCY	1 Pkg. (15.2 oz)	1.	Add Sugar Free FAST & FANCY to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	3 Cups	2.	Whip at high speed 5 minutes.
Peppermint Extract	1/8 tsp.	3.	Gradually fold in extract and food color. Mix until well blended.
Red Food Coloring	2-3 Drops		
9" Chocolate Graham Cracker Shells	3	4.	Portion 4 1/2 cups per pie shell. Refrigerate or freeze before serving. Garnish with mint.

PUMPKIN MOUSSE PIE

INGREDIENTS	Yield 15 Cups		METHOD
SUGAR FREE FAST & FANCY	1 Pkg. (15.2oz.)	1.	Add Sugar Free FAST & FANCY and pie spice to ice cold water. Mix at low speed until moist. Scrape Bowl.
Pumpkin Pie Spice	2 Tbsp.		
Ice Cold Water	3 Cups	2.	Whip at high speed 5 minutes.
Pumpkin Pie Filling*	3 Cups	3.	Add pumpkin and whip on med. speed 1-2 minutes or until well blended.
*May substitute pumpkin solids			
Pie Crust (9") PRE-BAKED	3	4.	Portion 5 cups per pie shell. REFRIGERATE 4 HOURS OR OVERNIGHT.

CHOCOLATE MINT PIE (OR MOUSSE)

INGREDIENTS

SUGAR FREE FAST & FANCY

1 Pkg (15.2 oz.)

Ice Cold Water

3 Cups

Sugar Free Chocolate
Mints Cookies (Crushed)

1 Pkg

Pie Shell (9 inch)

2

Graham Cracker

Garnish with Chocolate Syrup

METHOD

1. Add Sugar Free FAST & FANCY to ice cold water and mix at low speed until moist. Scrape bowl sides
2. Whip at high speed 5 minutes.
3. Fold in crushed cookies
4. Portion per pie shell.
Refrigerate 4 hours or overnight.

FANTASY FRUIT

Serving Size: 1/2 Cup

INGREDIENTS

Servings
35

METHOD

SUGAR FREE FAST & FANCY

1 Pkg. (15.2 oz)

1. Add Sugar Free FAST & FANCY to ice cold water and mix at low speed until moist. Scrape bowl sides.

Ice Cold Water

2 1/2 Cups

2. Whip at high speed 5 minutes.

Juice Packed Fruit Cocktail (Drained)

6 Cups

3. Fold in drained fruit.
4. Portion.
Refrigerate 4 hours or overnight.

RECIPE VARIATIONS

Prepare recipe as shown. Fold in these additional ingredients:
15.2 oz. Pkg.

I. **Ambrosia**

Coconut Extract

1 tsp

Nuts-Chopped(Opt)

1 Cup

II. **Glorified Rice**

Rice - Cooked

2 Cups

Note: Recipe standardized with canned fruit packed in real fruit juice

Amounts of drained fruit may be increased as desired; DO NOT EXCEED LIQUID AMOUNTS.

Fruit Trifle: layer Fast & Fancy with fruit and cake cubes in glass bowl.

KEY LIME PIE

INGREDIENTS

Yield
8 Cups

METHOD

SUGAR FREE FAST & FANCY

1 Pkg. (15.2 oz)

1. Add Sugar Free FAST & FANCY to ice cold water and mix at low speed until moist. Scrape bowl sides

Ice Cold Water

1 1/2 Cups

2. Whip at high speed 5 minutes.

Ice Cold SF Lime Drink (Prepared)
Green Food Coloring (Opt)

1 1/2 Cups (12oz.)
As Desired

3. Add SF Lime drink (prepared) & Food Coloring on med. speed until blended.

Pie Shell (9")

2

Graham Cracker

4. Portion 4 cups per pie shell.
REFRIGERATE 4 HOURS OR OVERNIGHT.

Garnish with Fresh Lime and Mint.

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SUGAR FREE LEMONADE PIE

INGREDIENTS	Yield 10 Cups		METHOD
SUGAR FREE FAST & FANCY	1 Pkg. (15.2 oz)	1.	Add Sugar Free FAST & FANCY to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	1 Cup (8 oz.)	2.	Whip at high speed 5 minutes.
Ice Cold SF Lemonade Drink Mix (Prepared) Yellow Food Coloring*	2 Cups As Desired	3.	Add Prepared SF Lemonade Drink Mix & food color. Whip on med. speed until well blended.
Pie Shell (9") Graham Cracker	2	4.	Portion 5 cups per pie shell. Refrigerate four hours or overnight..

* Try SF Pink Lemonade with Red Food Color.

CREAMY CHERRY PIE

INGREDIENTS	Yield 16 Cups		METHOD
SUGAR FREE FAST & FANCY	1 Pkg. (15.2 oz.)	1.	Add Sugar Free FAST & FANCY to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	2 Cups	2.	Whip at high speed 5 minutes.
No Sugar Added Cherry Pie Filling	6 Cups	3.	Fold in no sugar added pie filling and mix until well blended.
Pie Crust (9") Pre-Baked	3	4.	Portion 5 cups per pie shell. REFRIGERATE 4 HOURS OR OVERNIGHT.

VARIATIONS:

* Substitute other fruit pie fillings such as blueberry, raspberry, etc.

ORANGE ZEPHYR

Serving Size: 1/2 Cup

INGREDIENTS	Servings 24		METHOD
SUGAR FREE FAST & FANCY	1 Pkg. (15.2 oz)	1.	Add Sugar Free Fast & Fancy to ice cold SF juice and mix at low speed until moist. Scrape bowl sides.
Ice Cold SF Orange Drink	2 1/2 Cups	2.	Whip at high speed 5 minutes.
Juice Packed Crushed Pineapple (drained)	1 1/2 Cups	3.	Fold in drained pineapple and mix until blended.
Orange Food Color	2 drops	4.	Add food color and nuts (opt.)
Nuts - Chopped (Optional)	1/4 Cup	5.	Portion.

REFRIGERATE 4 HOURS OUR OVERNIGHT.

VARIATION: Pour into Graham Cracker Crust (sheet pan) and cut into bars after chilling.
May be frozen

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VANILLA FROSTING

INGREDIENTS	Yield 10 Cups	METHOD
SUGAR FREE FAST & FANCY	1 Pkg. (15.2 oz)	1. Add Sugar Free FAST & FANCY to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	2 1/2 Cups	2. Whip at high speed 5 minutes.
Vanilla Flavoring	2 Tbsp.	3. Add remaining ingredients and mix until blended.
		4. Refrigerate 4 hours and spread over cooled cake.

VARIATIONS (Yields may vary)

15.2 oz. Pkg.

I. Chocolate Frosting (Semi-Sweet)

Sugar Free FAST & FANCY	1 Pkg.
Ice Cold Water	2 1/2 Cups
Vanilla Flavor	2 tsp.
Cocoa Powder	1/4 Cup

Follow Method Above

CAPPUCCINO Frosting: Replace water with Ice Cold Coffee.

II. Peanut Butter Frosting

Sugar Free FAST & FANCY	1 Pkg.
Ice Cold Water	2 Cups
Peanut Butter	3 Cups

Follow Method Above

III. Coconut Frosting

Sugar Free FAST & FANCY	1 Pkg.
Ice Cold Water	2 1/2 Cups
Almond Flavoring	1 Tbsp.
Coconut Extract	1 Tbsp.

Follow Method Above

IV. Strawberry Frosting

Sugar Free FAST & FANCY	1 Pkg.
Ice Cold Water	2 Cups
Fresh Strawberries	1 Cup (or 1 Tbsp. Strawberry Extract)
Red Food Color	As Desired

Follow Method Above

* **Note:** 1. Refrigerate frosting 4 hours and use with a pastry bag/tip for cake decorating.

APPLESAUCE FROST

Serving Size: 1/2

Cup

INGREDIENTS	Servings 24	METHOD
SUGAR FREE FAST & FANCY	1 Pkg. (15.2 oz)	1. Add Sugar Free FAST & FANCY to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	1 1/2 Cups	2. Whip at high speed 5 minutes.
No Sugar Added Applesauce (undrained)	2 1/2 Cups	3. Add applesauce and mix on med. speed until blended.
Cinnamon	1 tsp.	4. Portion. Refrigerate 4 hours or overnight.

Use as a topping with spice cake; as a filling between SF oatmeal cookies; or a topping on hot oatmeal.

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CHOCOLATE MOUSSE

Serving Size: 1/2 Cup

INGREDIENTS	Servings 25	METHOD
SUGAR FREE FAST & FANCY	1 Pkg. (15.2 oz)	1. Add Sugar Free FAST & FANCY to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	2 1/2 Cups	2. Whip at high speed 5 minutes.
Cocoa Powder	4 Tbsp.	3. Add remaining ingredients and mix until well blended.
CAPPUCCINO: Replace water with Ice Cold Coffee		4. Portion. Refrigerate at least 4 hours or overnight.
RECIPE VARIATIONS: (Yield may vary slightly)		

I. Mocha Mousse

SUGAR FREE FAST & FANCY 1 Pkg.
Ice Cold Water 1 1/2 Cup
Ice Cold Coffee 1 Cup
Cocoa Powder 4 Tbsp.

II. Chocolate Cherry Mousse

SUGAR FREE FAST & FANCY 1 Pkg.
Ice Cold Water 3 Cups
Cherry Extract 1/8 tsp.
Cocoa Powder 4 Tbsp.

III. Chocolate Mint Mousse

SUGAR FREE FAST & FANCY 1 Pkg.
Ice Cold Water 3 Cups
Sugar Free Chocolate Mint Cookies (crushed) 1 Pkg

IV Almond Mousse or Filling for Coissants

SUGAR FREE FAST & FANCY 1 Pkg
Ice Cold Water 3 Cups
Almond Flavoring 2 T.
Brown Food Color As Desired
Reduce Water 1/2 for Croissant Filling.

STRAWBERRY MOUSSE

Serving Size: 1/2 Cup

INGREDIENTS	Servings 20	METHOD
SUGAR FREE FAST & FANCY	1 Pkg. (15.2 oz) **	1. Add Sugar Free FAST & FANCY to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	1 1/2 Cups	2. Whip at high speed 5 minutes.
Fresh Strawberries (puree)	1 1/2 Cups	3. Puree strawberries to liquid state. Add to mixture. Whip 1minute on med. speed.
Red Food Color	As Desired	4. Portion. Refrigerate at least 4 hours or overnight.

* Substitute other fruits for variety of flavor: Raspberry, Blueberry, Apricots, Peaches, etc. Fresh Only!

Sugar Free MOUSSE - Flavored with Puddings

VARIATIONS: Chocolate, Butterscotch, Lemon, Banana, Coconut, etc.

I. Made with Dry Pudding Mix

Sugar Free FAST & FANCY 1 Pkg
Ice Cold Water 3 Cups
SF Pudding Mix, Dry 2 oz.

Directions: Add Sugar Free FAST & FANCY to Ice Cold Water. Mix at low speed until moist. Scrape bowl sides. Whip at high speed 5 minutes. Gradually add Dry Pudding Mix to whipped base. Whip on med/high until blended. Refrigerate 4 hours.

II. Made with Prepared Pudding

Sugar Free FAST & FANCY 1 Pkg.
Ice Cold Water 2 Cups
SF Pudding, Prepared 1 Cup

Directions: Add Sugar Free FAST & FANCY to Ice Cold Water. Mix at low speed until moist. Scrape bowl sides. Whip at high speed 5 minutes. Add Prepared Pudding and mix at medium speed until blended. Refrigerate 4 hours.

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PEACHES & CREAM PIE

INGREDIENTS	Yield 15 Cups		METHOD
SUGAR FREE FAST & FANCY	1 Pkg. (15.2 oz)	1.	Add Sugar Free FAST & FANCY ice cold water and mix at low speed until moist. Scrape bowl.
Water	2 Cups	2.	Whip at high speed 5 minutes.
Ice Cold SF Peach Drink Mix	1 Cup	3.	Add remaining ingredients and mix on med. speed 1-2 minutes or until well blended.
Almond Extract	1/4 Tsp.		
Juice Packed Sliced Peaches (Drained)	16 oz. can		
SF Nilla Wafers (crushed)	1 1/2 Cups		
Pie Crust (9")	3	4.	Portion 5 cups per pie shell.
Nilla Wafer Crust			Refrigerate at least 4 hours or overnight.
Garnish with sliced Peaches.			

FROZEN COOKIES & CREAM PIE

INGREDIENTS	Yield 16 Cups		METHOD
SUGAR FREE FAST & FANCY	1 Pkg. (15.2 oz)	1.	Add Sugar Free FAST & FANCY to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	3 Cups	2.	Whip at high speed 5 minutes.
Crushed SF Chocolate Cream Filled Cookies	3 Cups	3.	Fold in cookie crumbs and mix until well blended.
Prebaked Pie Crust (9")	3	4.	Portion 5 cups per pie shell. Top with whole cookies
			Refrigerate at least 4 hours or overnight.

ORANGE & PINEAPPLE CLOUD

INGREDIENTS:			METHOD
SUGAR FREE FAST & FANCY	15.2 oz.	1.	Prepare Gelatin per package directions. Measure 16 cups.
SF Orange Gelatin (prepared per directions)	16 cups	2.	Let stand, stirring occasionally, until slightly thickened, about 5 minutes.
Mandarin Orange Sections (drained)	11oz.	3.	Follow directions for prepared Fast & Fancy.
Juice Packed Crushed Pineapple (drained)	11 oz.	4.	Fold approximately 3/4 of prepared Sugar Free FAST & FANCY into the gelatin. Pour gelatin mixture into a cobbler pan, filling about halfway.
Fancy.		5.	Place a layer of the Sugar Free FAST & FANCY across the gelatin mixture and then cover with fruit. Top with remaining gelatin mixture. Refrigerate at least 4 hours or overnight.

FROZEN COOKIE SANDWICHES

Serving Size: 1 Cookie Sandwich

INGREDIENTS	Servings 60	METHOD
SUGAR FREE FAST & FANCY	1 Pkg. (15.2 oz)	1. Add SF Fast & Fancy to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	3 Cups	2. Whip at high speed 5 minutes.
Natural Peanut Butter	2 Cups	3. Add Peanut Butter and whip on medium speed until well blended.
SF Chocolate Cookies	120	4. Portion 1/4 cup mixture between 2 cookies. Freeze and serve.

VARIATIONS:

No Sugar Added Fruit Fillings.
See Chocolate Mint Pie Recipe for filling



Roberta's Chocolate Romance



INGREDIENTS	METHOD	
SUGAR FREE FAST & FANCY	15.2oz.	1. Prepare Sugar Free FAST & FANCY per package directions with ice cold water.
Ice Cold Water	3 cups	2. Fold in Pecans or Walnuts and Rice Crispies with spoon – not electric mixer.
Chopped Pecans or Walnuts	1 cup	3. Fold into crust.
Rice Crispies	2 cups	4. Drizzle Chocolate Syrup
Chocolate Graham Cracker Crust		5. Refrigerate overnight.
Low Calorie Chocolate Syrup	1/2 cup	

SUGAR FREE COCONUT CREAM PIE

Serving Size: 1/2 Cup

INGREDIENTS	Servings 24	METHOD
SUGAR FREE FAST & FANCY	1 Pkg. (15.2 oz)	1. Add SF Fast & Fancy to ice cold water and mix at low speed until moist. Scrape bowl sides.
Ice Cold Water	2 Cups	2. Whip at high speed 5 minutes.
Coconut Extract	2 Tbls.	3. To the SF Fast & Fancy, add 2 Tbls. of Coconut extract
Pie Shell (9")		4. Pour into 2 - 9" Graham Cracker Pie Shells. Refrigerate at least 4 hours or overnight.
Graham Cracker		

WATERGATE SALAD

Sugar free Fast & Fancy	17oz	1. Mix Fast & Fancy with ice cold water 1 minuted at low speed. Scrape bowl. Mix at high speed 5 minutes.
Ice Cold Water	3 cups	2. Mix Pudding (dry) with Crushed Pineapple (not drained).
Pistachio Pudding	3 oz Pkg	3. Fold in Fast & Fancy Mixture & chopped pecans.
Crushed Pineapple with Juice	20 oz	4. Refrigerate 4 hours.
Pecans (slightly chopped)	1 cup	

BREAKFAST PARFAIT:

Layer prepared Sugar Free Fast & Fancy with sliced strawberries and granola for a delicious breakfast parfait!!!! Top with fresh strawberry slices.

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SUGAR FREE SMOOTHIE RECIPES

Compliments of **THE DAILY GRIND**
Watkinsville, GA

BLUSHING GEORGIA PEACH

INGREDIENTS

Sugar Free FAST & FANCY	2-2 1/2 oz.
Ice Cold Sugar Free Orange Juice	2-3 oz.
Strawberries	2-3
Peach Slices	7
Ice	5 cups

METHOD

1. Add all ingredients to blender. Mix until ice is gone.
2. Service in tall ice cream soda glasses.
3. Top with dollop of topping & drizzle some Orange Juice on top

STRAWBERRY FROST

INGREDIENTS

Sugar Free FAST & FANCY	2-2 1/2 oz.
Strawberries	3-4
Strawberry Tarani Sauce Or flavored syrup	1 oz.
Skim Milk	2-3 oz.
Ice	5 cups

METHOD

1. Add all ingredients to blender. Mix until ice is gone
2. Service in tall ice cream soda glasses.
3. Top with dollop of topping & drizzle some Strawberry flavoring on topping.

HAWAIIAN FROST

Sugar Free FAST & FANCY	2-2 1/2 oz.
Hazelnut coffee	4 oz.
Ice	5 cups

1. Add all ingredients to blender. Mix until ice is gone
2. Service in tall soda glasses.
3. Top with dollop of whipped topping.

VANILLA CREAM SMOOTHIE

INGREDIENTS

Sugar Free FAST & FANCY	2-2 1/2 oz.
Sugar Free Vanilla Cream Syrup	1-1 1/2 oz.
Skim Milk	2-3 oz.
	5 cups

METHOD

1. Add all ingredients to blender. Mix until ice is gone
2. Service in tall ice cream soda glasses.
3. Top with dollop of whipped topping & drizzle Ice some vanilla cream syrup over topping

Chef Mark's Selections

Oreo Cookie Mocha Mousse

- 1 15.2oz Sugar Free Fast & Fancy Mousse Mix
- 12 Crushed Sugar Free Oreo Cookies (crushed)
- 3 C. Ice Cold Coffee
- 2T. Cocoa

Make Sugar Free Fast & Fancy according to package directions using ice cold coffee in place of water. After mixing for 5 minutes, fold in crushed Oreo Cookies and cocoa and mix for another minute. Refrigerate for 4 hours (or overnight).

Strawberry Kiwi Mousse

- 1 15.2oz Sugar Free Fast & Fancy Mousse Mix
- 3 Kiwis (peeled and diced fine)
- 15 Strawberries (sliced)
- 3 C. Ice Cold Water
- 1T. Strawberry Extract

Prepare according to package directions. Fold in fruit & extract. Refrigerate at least 4 hours (or overnight)

Mandarin Orange Cremesicle Mousse

- 1 15.2oz Sugar Free Fast & Fancy Mousse Mix
- 2 1/2 C. Ice Cold Water
- 3 tsp Orange Extract
- 3 C. Mandarin Oranges (drained and patted dry)

Prepare according to package directions. Fold in oranges and extract. Refrigerate at least 4 hours (or overnight).

Chef Mark Dombroski, Executive Chef