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DIET CENTER

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DOUBLE TROUBLE CHOCOLATE TRIFLE*

Basic Lifestyle

Ingredients

4 Sugar Free / Low-Carb Velvety Chocolate VitaTops*

1-2/3 cups of Cool Whip Free

1 cup skim milk

2 TBS sugar-free fat-free chocolate instant pudding mix

1-1/2 TBS **Walden Farms Calorie-Free, Sugar-Free Chocolate Syrup**

Instructions

1. In a mixing bowl, combine skim milk with pudding mix. Whisk until blended and thickened, about 2 minutes. Refrigerate for at least 5 minutes.
2. In a separate mixing bowl, combine chocolate syrup with 1 cup Cool Whip Free. Mix gently until completely blended. Refrigerate for at least 5 minutes.
3. Break Deep Chocolate VitaTops into pieces and place in the blender. Pulse until reduced to crumbs.
4. In the bottom of a medium serving bowl, layer one-fourth of the Sugar Free/Low-Carb Velvety Chocolate VitaTop crumbs. Top with half of the pudding.
5. Spread 2/3 cup Cool Whip Free over pudding layer. Sprinkle evenly with two-thirds of the remaining VitaTop crumbs.
6. Spread the remaining pudding in a layer over the VitaTop crumbs. Top with the chocolate syrup-Cool Whip mixture. Sprinkle the remaining VitaTop crumbs over the top and enjoy.

Portion-Per-Serving Information (Yields 4 servings):

1 serving = 1/4 of the mixture = 1 M, 1 G

*Recipe from the Vitalicious web site. Here's the specific page at the site to purchase the Sugar Free / Low-Carb Velvety Chocolate VitaTops: <http://www.vitalicious.com/lowcachvi.html>

Walden Farms calorie- / sugar- / and fat-free chocolate syrup can be purchased at any supermarket.