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CHILLY CHOCOLATE CHEESECAKE NUGGETS

Basic Lifestyle

Ingredients

3/4 cup Cool Whip Free
1/4 cup plus 1TBS fat-free cream cheese, softened
1 25-calorie packet diet hot cocoa mix
1 TBS sugar-free chocolate syrup
1 TBS Splenda

Instructions

1. Using a fork or an electric mixer, vigorously mix Cool Whip, cream cheese, cocoa mix, syrup and Splenda until smooth and well blended.
2. Evenly distribute mixture into 10 sections of an ice cube tray. Place tray in the freezer until nuggets are solid (at least 2 hours).
3. Once frozen, nuggets should pop out easily. (If not, run the bottom of the tray under the faucet for a few seconds to loosen them.)

Portion-Per-Serving Information: (Yields 5 servings)

Serving = 2 nuggets = ½ M