



FROZEN HOT CHOCOLATE

Basic Lifestyle

Ingredients

- 1 packet Nestle or any other diet 25-calorie hot cocoa mix
- 3 oz. hot water
- 1/4 cup light (low fat or fat-free) vanilla soy milk
- 1 TB sugar-free Torani White Chocolate or Vanilla syrup
- 2 packets Splenda
- 1 TSP Hershey's Lite Chocolate Syrup or Walden Farm's Sugar Free Chocolate Syrup
- 2 TBS fat free Reddi Whip
- 1 cup of ice cubes (5 to 7 cubes)

Instructions

1. Dissolve hot cocoa, chocolate syrup and Splenda in hot water.
2. Add light soy milk, and Torani Syrup.
3. Pour into blender. Add a cup of ice cubes. Blend on the highest speed for about 45 seconds.
4. Pour into a tall mug. Top with a squirt of fat-free Reddi Whip.

Portion-Per-Serving Information: (Yields 1 serving):

1 serving = 1/2 M