



Chilly Chocolate Mudslide



Entire recipe: 156 calories, 0.5g total fat, 177mg sodium, 10g carbs, 1g fiber, 6g sugars, 3g protein

Prep: 5 minutes



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Ingredients

- 1 packet hot cocoa mix with 20 to 25 calories
- 2 no-calorie sweetener packets
- 2 oz. light vanilla soymilk
- 1 1/2 oz. vodka
- 1/2 oz. sugar-free calorie-free vanilla-flavored syrup
- 1 tsp. light chocolate syrup
- 1 cup crushed ice or 5 to 8 ice cubes
- Optional topping: Fat Free Reddi-wip

Directions

In a tall glass, combine cocoa mix with sweetener. Add 1/4 cup hot water and stir to dissolve.

Transfer mixture to a blender, and add 2 tbsp. cold water. Add all other ingredients. Blend at high speed until smooth. Pour and enjoy!

MAKES 1 SERVING

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