



Cookie-rific Ice Cream Freeze



Entire recipe: 166 calories, 3g total fat (0.5g sat. fat), 177mg sodium, 28.5g carbs, 1g fiber, 14.5g sugars, 6g protein

Prep: 5 minutes



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Ingredients

- 1 tsp. fat-free or sugar-free French vanilla powdered creamer (like the kind by Coffee-mate)
- 1/2 of a 100-calorie pack of thin chocolate crisps *or* 3/4 sheet (3 crackers) chocolate graham crackers, broken into pieces
- 3/4 cup light vanilla soymilk
- 2 no-calorie sweetener packets (like Splenda or Truvia)
- 1/4 cup fat-free vanilla ice cream
- 8 - 12 ice cubes *or* 1 1/2 cups crushed ice
- Optional: Fat Free Reddi-wip

Directions

In a tall glass, combine creamer with 1 oz. (2 tbsp.) warm water; stir to dissolve.

Put chocolate crisps or graham crackers into a blender. Add creamer mixture, soymilk, sweetener, ice cream, and ice. Blend on high until thoroughly mixed. Pour into the tall glass and, if you like, top with whipped topping. Mmmmmm!

MAKES 1 SERVING

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