



Freakishly Good Frozen Hot Chocolate



Entire recipe: 58 calories, 0.5g total fat, 184mg sodium, 10g carbs, 1g fiber, 5g 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
- 1/4 cup light vanilla soymilk
- 1 tbsp. sugar-free calorie-free vanilla-flavored syrup
- 1 tsp. sugar-free chocolate syrup
- 1 cup crushed ice or 5 to 8 ice cubes
- 2 tbsp. Fat Free Reddi-wip

Directions

In a tall glass, combine cocoa mix with sweetener. Add 2 tbsp. hot water and stir to dissolve.

Transfer mixture to a blender and add 2 tbsp. cold water. Add all remaining ingredients except Reddi-wip and blend at high speed until smooth.

Pour, top with Reddi-wip, and indulge!

MAKES 1 SERVING

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