



Hint of Mint Chocolate Dip



1/6th of recipe (about 1/4 cup): 63 calories, 2g total fat (1.5g sat fat), 62mg sodium, 10g carbs, 0.5g fiber, 6g sugars, 2g protein

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

Prep: 5 minutes



Tagged: [Dessert Recipes](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

1 cup light whipped topping (like [Skinny Truwhip](#) or [So Delicious Dairy Free CocoWhip! Light](#))
1/2 cup fat-free vanilla Greek yogurt
2 1/2 tbsp. unsweetened dark cocoa powder
2 packets no-calorie sweetener (like Truvia)
1 tsp. vanilla extract
3 - 4 drops peppermint extract
Dash salt
2 chocolate graham crackers (1/2 sheet), finely crushed
Serving suggestions: chocolate graham crackers, strawberries

Directions

In a medium bowl, combine all ingredients *except* graham crackers. Mix until smooth and uniform.

Top with crushed graham crackers.

MAKES 6 SERVINGS

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.