

Chocolate Bliss

1/2 cup skim milk
1/2 envelope of Swiss Miss® sugar
free or Swiss Miss diet with calcium
hot chocolate mix
1/4 cup ice cubes
2 TBSP lite Cool Whip®, frozen

Blend until smooth; serve immediately. Adjust amounts to make the consistency you enjoy most. (Add frozen banana pieces for something new!) Makes one serving.

Nutrition information per serving: 90 calories; 4 grams protein; 1 gram fat; 17 grams carbohydrate; 173 mg sodium.