

## Chocolate Mint Frosty

1 cup skim milk  
1/2 cup ice cubes  
2–4 TBSP lite Cool Whip®, frozen  
1/2 package (4 serving size) instant,  
sugar free chocolate pudding  
2 sugar free York Peppermint  
Patties®

Blend until smooth; serve immediately. Makes one serving.

Nutrition information per serving: 253 calories; 8 grams protein, 4 grams fat, 49 grams carbohydrate; 727 mg sodium.