

Cool & Creamy Coffee Freeze

1/2 cup skim milk
1/2 cup ice cubes
2 TBSP lite Cool Whip®, frozen
1/2 package (4 serving size) instant,
sugar free vanilla pudding mix
1 TBSP instant coffee

Blend until smooth; serve immediately. Makes one serving.

Nutrition information per serving: 135 calories; 4 grams protein, 1 gram fat, 25 grams carbohydrate, 668 mg sodium.