

Iced Mocha

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

Blend until smooth; serve immediately. Makes one serving.

Nutrition information per serving: 68 calories; 2 grams protein, 1 gram fat, 14 grams carbohydrate, 131 mg sodium.