

# Are We There Yet?

## Mock Frosty

- 1 cup non-fat milk or another non-dairy choice
- 2 TBS. Sugar free - fat free chocolate pudding mix
- 1 TBS. Vanilla Extract
- 1 TBS. Unsweetened Cocoa
- ½ TBS. Stevia or Splenda (2-3 small packets)
- 7 Ice Cubes

### Nutrition Facts per 20 ounce serving:

Calories: 65.6

Total Fat: 0.4g

Total Carbohydrates: 14.3g

Protein: 5.1g

Place all ingredients in a blender that chops ice well. Blend until smooth, creamy and thick.

This recipe makes about 20 ounces. Enough to split for 2, maybe 3 servings.