

Misc.

Frozen Hot Chocolate

1/2 cup chocolate syrup

1 cup fat-free American cheese slice, evaporated milk

1/2 teaspoon vanilla extract

3 cups ice cubes

Garnish: reduced-fat whipped topping and/or dark chocolate shavings

Combine chocolate syrup, evaporated milk, vanilla and ice in a blender until smooth.

Pour into glasses. Garnish with a dollop of whipped topping and/or a sprinkling of chocolate shavings if desired.

Per Serving (excluding unknown items): 584 Calories; 1g Fat (1.9% calories from fat); 45g Protein; 114g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 2602mg Sodium. Exchanges: 6 Lean Meat; 7 1/2 Other Carbohydrates.