

Crisco Chocolate Frosting

Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)

*1/4 cup Crisco, melted
1/3 cup cocoa
1/3 cup milk
1 1/2 teaspoons vanilla
3 to 3-1/3 cups 10X sugar*

In a saucepan, melt the crisco.

Add the cocoa, milk and vanilla. Mix well.

Add the 10X sugar, one-third at a time.

Beat well.

Per Serving (excluding unknown items): 133 Calories; 7g Fat (33.6% calories from fat); 8g Protein; 21g Carbohydrate; 9g Dietary Fiber; 11mg Cholesterol; 45mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Lean Meat; 1/2 Non-Fat Milk; 1 Fat.