

Low-Point Chocolate Coffee Smoothie

Ingredients:

- 1/4 cup water
- 1/4 cup gourmet hot chocolate, such as Cocoa Classics Chocolate Supreme Hot Cocoa
- 2 tsp. espresso powder (or dark roast coffee that is ground very fine, as close to a powder as you can get)
- 1/2 cup Half and Half
- 1 cup Breyer's Fat Free Extra Creamy Vanilla Ice Cream
- 1 tsp. vanilla extract
- 1 cup ice

In a small saucepan, bring the water to a boil over medium heat. Add the hot chocolate and espresso powder (or finely ground dark roast coffee). Stir until chocolate is melted and mixture is smooth. Remove pan from heat and stir in the Half and Half and vanilla. Place ice cream in blender. Pour the chocolate mixture and ice on top of the ice cream and blend until smooth and frothy. Serve immediately.

Total servings = 3 (6 oz. glasses)

Serving size = 1

Points per serving = 3

Low-Point Chocolate Coffee Ice Cream Topping

Ingredients:

- 2 Tbs water
- 2 Tbs Cocoa Classics Chocolate Supreme Hot Cocoa (or any gourmet hot chocolate)
- 1 tsp. espresso powder or dark roast finely ground coffee (ground to as close to a powder as you can get)
- 1 Tbs Half and Half
- 1 tsp. corn starch
- 1 or 2 tsp. sugar free chocolate syrup, optional

In a small sauce pan, bring water to boil over medium heat. Add cocoa, espresso powder, Half and Half, and corn starch. Stir until chocolate is melted and ingredients are well blended. Remove from heat and let cool slightly. Pour 1 tablespoon of mixture on top of 1/2 cup Breyer's Extra Creamy Fat Free Creamy Vanilla ice cream. Top with 1 or 2 tsp. of sugar free chocolate syrup if desired.

Serving size - 1 Tbs

Points per serving - 1.5

1 Tbs. atop 1/2 cup Breyer's fat free ice cream - 2.7 points total

This delicious recipe can be found on the website *Points In My Life*
(www.pointsinmylife.com)