

Low Carb Fudgsicles

2 net carbs per serving for 4 servings.



LowCarbDiem.com



- 2 pkgs sugar free cocoa mix
- 1 c heavy whipping cream
- 1/2 c neufchatel cheese, softened
- 1 tsp vanilla extract

DIRECTIONS

Dissolve cocoa mix in 1/2 cup of hot water. Add heavy cream and cream cheese and mix well.

Pour into Popsicle molds or ice cube trays, add sliced fruit (optional) and freeze.

Serving sizes can vary. Nutrition Facts are for total recipe.

Nutrition Facts - TOTAL RECIPE

Serving sizes vary. Amounts are for TOTAL Recipe.

Calories 1100	Calories from Fat: 1014
	% Daily Values*
Total Fat 103g	159%
Saturated Fat 63g	316%
Cholesterol 369mg	123%
Sodium 316mg	13%
Total Carbohydrates 9g	3%
Dietary Fiber 1g	4%
Protein 11g	
Vitamin A	83%
Vitamin C	2%
Calcium	20%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.