
Chocolate Frosty

2 net carbs per serving.



Low Carbe Diem
[go HOME](#)

Servings: 4

1 c heavy whipping cream
1 tsp vanilla extract
2 pkgs sugar free cocoa mix

DIRECTIONS

Beat cream and add vanilla. When soft peaks form, gradually add cocoa mix.

Continue beating until stiff peaks form (about 30 seconds).

Freeze for 30 minutes.

Per Serving: 233 Calories; 20g Fat (95.1% calories from fat); 0g Protein; 2g Carbohydrate; trace Dietary Fiber.
Copyright: LowCarbeDiem.com