
Low Carb Fudgsicles

2 net carbs per pop.



Low Carbe Diem
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Servings: 4

2 pkgs sugar free cocoa mix
1 c heavy whipping cream
4 ozs 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 and freeze.

Per Serving: 328 Calories; 45g Fat (88.2% calories from fat); 11g Protein; 3g Carbohydrate; 1g Dietary Fiber.

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