

Chocolate Mint Cups

- 1 4-serving-size package sugar-free instant chocolate pudding mix
- 2 cups fat-free milk
- 1/4 of an 8-ounce container frozen light dessert topping, thawed
- 1/8 to 1/4 teaspoon mint extract
 - Green or red food coloring (optional)
 - Frozen light whipped topping, thawed (optional)
 - Mint sprig (optional)



1. Prepare pudding mix according to package directions using the 2 cups fat-free milk. Set aside. In a small bowl combine dessert topping, mint extract, and, if desired, food coloring to make desired color.
2. In 8 small dessert bowls layer half the pudding, followed by dessert topping and remaining pudding. Cover and chill for 2 hours or until set. If desired, top with whipped topping and mint. Makes 8 individual desserts.

Nutrition Facts Per Serving:

- Servings: 8 individual desserts
- Calories 54
- Total Fat (g) 1
- Saturated Fat (g) 1
- Monounsaturated Fat (g) 0
- Polyunsaturated Fat (g) 0
- Cholesterol (mg) 1
- Sodium (mg) 191
- Carbohydrate (g) 9
- Total Sugar (g) 4
- Fiber (g) 0
- Protein (g) 3