

CHOCOLATE CHEESECAKE NUGGETS

Ingredients

- $\frac{3}{4}$ c. Cool Whip (fat free)
- $\frac{1}{4}$ c. + 1Tbsp softened cream cheese (fat free)
- 1 pkt diet hot cocoa (25 cal/packet)
- 1 Tbsp chocolate syrup (sugar free)
- 1Tbsp Splenda (granulated)

Try using:

Swiss Miss Sensible Sweets Diet Hot Cocoa and Hershey's Sugar Free Chocolate Syrup

Directions

1. In a medium bowl, mix cool whip, softened cream cheese, hot cocoa, chocolate syrup, and Splenda together with a whisk.
2. Evenly distribute mix into 10 sections of an ice cube tray (regular sized trays work best).
3. Place tray in the freezer until the nuggets are solid (at least 2 hours).
4. Once frozen, pop out the nuggets and serve with fresh fruit or our homemade sugarfree chocolate sauce!

Yields: 5 (2 cube) servings

Calories: 42

Fat: 0.5g

Protein: 13g

Carb: 7g (3g fiber)

SUGAR FREE CHOCOLATE SAUCE

Ingredients

- 1 c. evaporated skim milk
- 8 Tbsp unsweetened cocoa
- 6 packets artificial sweetener (like Splenda)

Yields: 1 cup total
(16- 1Tbsp servings)
Calories: 25
Fat: 0 g
Protein: 1g
Carb: 4g (1g fiber)

Directions

1. In a small saucepan, bring evaporated milk to a simmer.
2. Take $\frac{1}{4}$ c. of simmered milk and put into a small bowl.
3. Stir in cocoa, and whisk until it forms a smooth paste.
4. Simmer the rest of the milk for 2-3 minutes to reduce and slightly thicken.
5. Add cocoa/milk paste and packets of artificial sweetener to milk in saucepan and stir over low heat until smooth.
6. Cover and chill in refrigerator for at least 1 hour.
7. Serve over cheesecake nuggets or fresh fruit, or even into some yogurt!

RECIPES



For eating well
after bariatric
surgery

Nina says, use a regular ice cube tray, not one of the fancy cube-shaped ones for best results!

To view more recipes or submit your own, visit
www.muschealth.com/weightlossurgery

