

Low-Carb Fudgsicles™ to the rescue!

As the days grow warmer, we start thinking of ways to beat the oncoming heat and humidity! And what better way to cool off on a hot summer day than by enjoying an icy, delicious Fudgsicle? Now, thanks to Thermojetics® High-Protein, Low-Carb Frozen Dessert Treat Mix, you can enjoy this yummy treat without jeopardizing your weight loss!

Thermojetics® High-Protein, Low-Carb Frozen Dessert Treat Fudgsicles

Ingredients:

- 1 package Thermojetics® High-Protein, Low-Carb Frozen Dessert Treat Mix, French Vanilla flavor
- 4 oz. Better'n Eggs™ or similar egg substitute
- 10 oz. heavy cream
- 14 oz. water
- 3 packets SLENDA™ sweetener or a similar artificial sweetener
- 1/4 c. Nestle® cocoa powder
- 2 heaping tbsp. Carnation® Malted Milk Powder
- 1 tsp. instant coffee (optional)

Directions:

Add Thermojetics® High-Protein, Low-Carb Frozen Dessert Treat Mix, egg substitute, cream and water to blender. Add remaining sweetener, cocoa powder, malted milk powder and instant coffee. Blend on high for one minute or until smooth and creamy. Mixture will be very thick. Pour into ice cream molds or Dixie Cups, add the popsicle stick and freeze at least 6 hours.

