

## Chocolate Mudslide



**Prep Time:** 5 Minutes

**Cook Time:** 5 Minutes

**Cool Time:** 3 Hours

Fiber: 2g

Protein: 2.5g

Fat: 23g

Calories: 234

### Ingredients:

1. 1 cup Heavy cream
2. ½ cup Water
3. ½ cup Sugar free chocolate syrup
4. 2 TBS Cocoa powder
5. 1 TSP Vanilla extract

### Directions:

1. In a medium saucepan, combine cream, water, syrup and cocoa powder. Bring to a simmer and stir until cocoa powder dissolves.
2. Remove from heat and stir in chocolate and vanilla extracts. Pour mixture into a 8-inch square pan.
3. Freeze until almost solid, about 3 hours.
4. To serve, break up frozen mixture, place in blender or food processor and blend until softened and slushy. Transfer to glasses and serve.

**Nutrition Facts:** 4 servings

Net Carbs: 7.5g