

Wendy's Mock Frosty

Wendy's Mock Frosty



This recipe adapted from Natalie Youngs on FB

Serves 1, 3 FSP

- 1 cup unsweetened plain or vanilla almond milk
- 2 Tbsp sugar free instant chocolate pudding mix
- 1 tsp vanilla extract
- 8-10 ice cubes
- 5 Tbsp fat free or lite cool whip

1. Place all ingredients in blender except cool whip. Blend until smooth
2. Add cool whip and blend again until thoroughly mixed
3. Place in freezer for at least an hour. Serve
4. *****Variations – use 1 Tbsp chocolate pudding mix and 1 Tbsp banana cream or use vanilla pudding mix – possibilities are endless!