

Chocolate Syrup

Sugar Free



Totals for one serving (makes 1):

Calories 50 Fat 0g Fiber 4g Carbs 12g

What you'll need:

- 1 T Boiling hot water
- ½ Cup Splenda for baking
- 1 T Cocoa
- 1 T Non-dairy coffee creamer
- 1 tsp Vanilla Extract

Let's get to cooking!

1. In a microwave safe boil pour ½ cup water and place it in a microwave on high power for 1 minute.
2. While the water is heating up – place all other ingredients in another bowl and lightly stir them together.
3. Once water is boiling, carefully take it out of the microwave and measure a full tablespoon of boiling hot water and add it to the other ingredients.
4. Immediately stir and stir and stir. This will seem as if it is not going to mix together – but just keep stirring. If you absolutely have to, add more water – but only drops at a time. This can get way too watery very fast.
5. Once this is mixed up and the consistency you wish – serve as a dip for fruit, an addition to skim milk for sugar free chocolate milk or anyway you normally use chocolate syrup!

My love of CHOCOLATE inspired this **Kitty's Lighter Weigh** recipe.