

XTREME CHOCOLATE FRAPPE

Recipe created on behalf of 3-A-Day of Dairy by Chef Scott Campbell of SQC, New York

Makes 6 servings

Prep time: 10 minutes

Ingredients:

- 1/3 cup sugar
- 2 tablespoon cocoa powder
- 2 cups lowfat milk
- 1/4 cup light chocolate syrup
- 1 teaspoon vanilla extract
- 2 containers (6 ounces) lowfat chocolate, vanilla or plain yogurt
- 4 ice cubes
- bittersweet chocolate shavings, optional

Mix together sugar and cocoa powder in a small saucepan. Add 1/2 cup milk to sugar mixture; stir constantly over medium-low heat 3 minutes or until mixture is hot and sugar is dissolved. Pour mixture into a blender.

Add remaining 1 1/2 cups milk, chocolate syrup, vanilla, yogurt and ice cubes to cocoa mixture in blender. Process until smooth. Pour into glasses and sprinkle with chocolate shavings or additional cocoa powder.

Yield: 6 ounces, per serving

Nutritional Facts per serving for individual food recipe:

Calories	130
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	10 mg
Sodium	90 mg
Calcium	20% Daily Value
Protein	6 g
Carbohydrates	24 g
Dietary Fiber	less than 1 g