

Frozen Chocolate Mint Dessert



desserts

POINTS® Value: 3

Servings: 6

Preparation Time: 7 min

Cooking Time: 0 min

Level of Difficulty: Easy

Works with Simply Filling

Keep a stash of these chocolate-mint treats in your freezer for a sweet summer indulgence.

Ingredients

1 oz chocolate wafer(s), about 5 cookies
1/4 tsp mint extract
1 tsp unsweetened cocoa
7 oz fat-free whipped topping, about 1 whole aerosol can
1/4 cup(s) fat-free skim milk
3 piece(s) Weight Watchers by Whitman's Mint Patties, frozen, chopped
2 tbsp chocolate syrup
6 tbsp whipped topping, light or fat-free, vanilla or chocolate

Instructions

- Line six muffin holes with foil muffin liners.
- In a blender, combine wafers, extract, cocoa, fat-free whipped topping and milk; blend until completely combined. Divide mixture among prepared muffin liners; freeze for at least 2 hours.
- Just before serving, top each with 1/6 of mint patties, 1 teaspoon chocolate syrup and 1 tablespoon whipped topping. Yields 1 dessert per serving.

Notes

- This easy chocolate dessert can be made in several flavors. For a pure chocolate treat, replace the mint extract with chocolate or vanilla extract and swap the mint patties for an ounce of mini chocolate chips (could affect **POINTS** values).