



Hint of Mint Chocolate Dip



1/6th of recipe (about 1/4 cup): 63 calories, 2g total fat (1.5g sat. fat), 62mg sodium, 10g carbs, 0.5g fiber, 6g sugars, 2g protein

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Prep: 5 minutes



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Ingredients

1 cup light whipped topping (like [Skinny Truwhip](#) or [So Delicious Dairy Free CocoWhip! Light](#))
1/2 cup fat-free vanilla Greek yogurt
2 1/2 tbsp. unsweetened dark cocoa powder
2 packets no-calorie sweetener (like Truvia)
1 tsp. vanilla extract
3 - 4 drops peppermint extract
Dash salt
2 chocolate graham crackers (1/2 sheet), finely crushed
Serving suggestions: chocolate graham crackers, strawberries

Directions

In a medium bowl, combine all ingredients *except* graham crackers. Mix until smooth and uniform.

Top with crushed graham crackers.

MAKES 6 SERVINGS

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