

Fluffy Cream Dessert



Serves 8

Ingredients:

- 1 pint heavy cream, chilled
- 1-2 teaspoons sugar-free flavored drink mix (such as Crystal Light)

OR

- 1 tablespoon unsweetened cocoa powder + 2 teaspoons low-carb sweetener

Instructions:

Pour the cream in a bowl, and add flavoring. Beat until light and fluffy.

Nutrition per serving: Calories 208; Total Fat 22.1 g; Saturated Fat 13.8 g; Monounsaturated Fat 6.4 g; Polyunsaturated Fat: 0.8 g; Total Carbohydrates 2.3 g; Dietary Fiber 0.2 g; Sugar Alcohols 0.0 g; Sugars 1.9 g; Protein 1.4 g; Sodium 23 mg