

Chocolate 'Fools'

POINTS per serving 4

Yield/Serves: 2

INGREDIENTS

- 2 Tbsp bittersweet chocolate chips
- 1 c fat-free ricotta cheese
- 4 tsp confectioners' sugar
- ½ tsp vanilla extract
- ¼ c fat-free nondairy whipped topping

INSTRUCTIONS

- 1) Microwave chocolate chips in small microwavable bowl on High 20-25 seconds, stirring every 10 seconds, until melted and smooth
- 2) Puree ricotta, confectioners' sugar, and vanilla in food processor. Scrape into medium bowl; stir in melted chocolate until well blended. With rubber spatula, gently fold in whipped topping until blended. Cover and refrigerate until thoroughly chilled, at least 1 hour. Spoon into parfait or dessert dishes.

Per Serving (generous ½ cup): 195 Cal, 4 G Fat, 2 G Sat. Fat, 0 G Trans Fat, 12 MG Chol, 97 MG sod., 22 G Carbs, 1 G fiber, 17 G Prot., 206 Calc.

Optional

- Top each 'fool' with 1 fresh long-stemmed strawberry