



## **Sugar-Free Chocolate Craze Pudding**

### **Ingredients**

MET-Rx Meal Replacement Chocolate 1 packet

Water 16 oz.

Jell-O Sugar-Free Instant Pudding 2 tbsp

### **Directions**

1. Mix 1 packet of MET-Rx Meal Replacement Chocolate with 16 ounces of ice-cold water.
2. Blend at low speed for 20 seconds.
3. Add 2 tablespoons of your favorite Jell-O Sugar-Free Instant Pudding.
4. Blend at high speed for 1 minute, refrigerate for 1 hour, and serve.

### **Nutrition Facts**

Serving size: 1 bowl

Recipe yields 1 serving

Calories 260

Fat 3 g

Carbs 20 g

Protein 39 g