

Quick & Easy  
*Just Bake  
 It Happen!*<sup>®</sup>



**Deep Chocolate VitaTops**

**Ingredients:**

- 4 Deep Chocolate VitaTops
- 1 & 2/3 cups of Cool Whip Free
- 1 cup skim milk
- 2 tablespoons sugar-free fat-free chocolate instant pudding mix
- 1 & 1/2 tablespoons sugar-free chocolate syrup

**VitaRecipes:**

**Double Trouble  
 Chocolate Trifle**

**MAKES 4 SERVINGS**

Original VitaMuffin Mix: 100 Calories, 6g Fiber, 1.5g Fat.  
 As prepared below: 193 Calories, 6.5g Fiber, 1.5g Fat.



**Instructions:**

In a mixing bowl, combine skim milk with pudding mix. Whisk until blended and thickened, about 2 minutes. Refrigerate for at least 5 minutes.

In a separate mixing bowl, combine syrup with 1 cup Cool Whip. Mix gently until completely blended. Refrigerate for at least 5 minutes.

Break Deep Chocolate VitaTops into pieces and place in the blender. Pulse until reduced to crumbs.

In the bottom of a medium serving bowl, layer one-fourth of the Deep Chocolate VitaTop crumbs. Top with half of the pudding.

Spread 2/3 cup Cool Whip over pudding layer. Sprinkle evenly with two-thirds of the remaining VitaTop crumbs.

Spread the remaining pudding in a layer over the VitaTop crumbs. Top with the chocolate syrup-Cool Whip mixture. Finally sprinkle remaining VitaTop crumbs over the top and dig in!