



Choco-Berry Waffle Sundae Surprise

PER SERVING (entire recipe): 233 calories, 1.5g fat, 153mg sodium, 53g carbs, 5g fiber, 29g sugars, 4.5g protein -- **PointsPlus®** value 6*

Prep: 5 minutes

Freeze: 30 minutes



Ingredients:

- 2 tbsp. light chocolate syrup, divided
- 1 standard-sized waffle cone bowl with about 50 calories (like the kind by Keebler)
- 3 frozen unsweetened strawberries
- 1/2 tbsp. low-sugar strawberry preserves
- 1/2 cup fat-free chocolate ice cream
- 1/4 cup raspberries
- 2 tbsp. Fat Free Reddi-wip

Directions:

Pour 1 1/2 tbsp. of chocolate syrup into the waffle bowl, tilting the bowl from side to side so the syrup coats as much of the inside as possible (sides too!). Freeze for 30 minutes, or until syrup has solidified.

Put frozen strawberries in a microwave-safe bowl, and microwave until thawed, about 25 seconds. Do not drain excess liquid. Add preserves and mash with a fork, until you have a chunky strawberry sauce.

Remove waffle bowl from the freezer and place in a dish. Scoop ice cream into the waffle bowl. Top with strawberry sauce and remaining 1/2 tbsp. of chocolate syrup, and then finish it all off with raspberries and whipped topping. Enjoy!

MAKES 1 SERVING



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