



Recipe: Vanilla Cream



Makes 2 servings

1 cup ice
1/2 cup light cream
1/2 teaspoon vanilla extract
1/2 teaspoon NutraSweet sweetener (sugar equivalent)
1 1/2 cups diet Vanilla Coke®

Method:

Place the ice in a small pitcher; add the cream, vanilla extract and sweetener. Stir to combine and chill well, about 1-2 minutes. Pour cream mixture into chilled serving glasses, dividing ice evenly. To each glass add 3/4-cup diet soda, and gently stir to combine. Serve immediately.

Nutritional Analysis:

Serving size: about 1 cup
Cal: 125
Protein: 2g
Fat: 12g
Carb: 2g
Sodium: 27mg
Chol: 40mg
Sugar: 1g