

Chocolate Raspberry Pudding

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Ingredients

1 packet Medifast Chocolate pudding
1-2 tablespoons sugar-free Raspberry syrup
1/2 cup cold water

Method

Empty pudding into a bowl. Add water and syrup, and whisk until pudding consistency. Leave in refrigerator for 15 minutes or until desired consistency.

Nutritional Info.

Cal 110 | Fat 1g | Chol 0mg | Carb 15g | Pro 14g