

# CRISPY CHOCOLATE BARK

## INGREDIENTS

- 1 Ideal Protein Chocolate Pudding
- Water
- Vanilla Extract
- Sweetener (optional) Stevia or Splenda
- 5 Ice Cubes

## PREPARATION

1. In a blender, combine the 5 ice cubes, about 4-6oz of water and the Ideal Protein Chocolate Pudding Mix. (Milk Chocolate, Dark Chocolate or Vanilla)
2. Add a dash of Vanilla extract to taste and sweetener if desired.
3. Blend well until you have a smoothie consistency.
4. Serve and Enjoy!
5. Phase Approved: Phases 1-3, Servings: 1

