



## June 14- Chocolate Strawberry Delight

Not Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=502939>

### **Recipe**

*Ingredients:*

2 Quaker Chocolate Rice Cake

½ cup cool whip

½ teaspoon cocoa powder

½ teaspoon sugar

2 strawberries, sliced

*Directions:*

1. Mix the cocoa, whip cream and sugar. Spread onto rice cakes.
2. Top with strawberries.

Yield 2 servings

### **Nutrition Facts**

Serving Size 1 rice cake (46.5g)  
Servings Per Container 2

**Amount Per Serving**

**Calories** 110      **Calories from Fat** 30

**% Daily Value\***

**Total Fat** 3g      **5%**

Saturated Fat 2g      **10%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 30mg      **1%**

**Total Carbohydrate** 19g      **6%**

Dietary Fiber 0g      **2%**

Sugars 7g

**Protein** 1g      **2%**

Vitamin A 0%      •      Vitamin C 10%

Calcium 0%      •      Iron 0%

\* Percent Daily Values are based on a 2,000 calorie diet.