

# Strawberry Chocolate Shake

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2 cups strawberries

½ cup low-fat ricotta cheese

3-13 packets artificial sweetener or 3 tsps. sugar

2 cups skim milk

8-10 tsps. cocoa powder

Combine all ingredients in a blender and mix until smooth and creamy. Pour into eight 5-oz containers. Freeze until slightly thickened. Serve with a spoon and straw. Per servings: 97 calories, 2g fat.