

Chocolate Tulips

Serving Size: 1/12 of recipe

Serves: 12

Ingredients

- 4 cups sugar free, fat free whipped topping
- ¼ cup cocoa
- 1 pound package of milk chocolate candy wafers
- 12 maraschino cherries

Directions

1. In a mixing bowl, blend the whipped topping and cocoa.
2. Blow up 12 small balloons to approximate size of 2½ inch diameter. Spray each balloon with cooking spray and set aside on wax paper. Chill your serving dish in the refrigerator.
3. In a double boiler, melt ½ of the package of chocolate stirring continuously.
4. Remove from heat. Add the other ½ of the package and stir until all melted.
5. Set aside to cool to 90 degrees.
6. Pour the chocolate into a medium mixing bowl.
7. Carefully dip each balloon base into the chocolate and lower each of four sides starting at the 12 o'clock, then 6 o'clock, then 3 o'clock and finally 9 o'clock positions to form 4 petals on each side of the balloon.
8. Place each coated balloon onto wax paper to harden. Once hardened, transfer each to the serving dish and pop the balloon and carefully remove.
9. Pipe in the filling and top with a cherry.

Exchanges per serving:

1 Fruit, 1 Fat

Nutrients per serving:

Calories: 77

Calories from fat: 34

Total Fat: 4g

Cholesterol: 0mg

Sodium: 3mg

Total Carbohydrate: 13g

Dietary Fiber: 1g

Protein: 0g