

# Frozen Mud Pie Sandwiches

Serves 10

## Ingredients:

2 tablespoons sugar  
2 tablespoons light corn syrup  
1 ½ tablespoons unsweetened cocoa  
1 teaspoon margarine  
¼ teaspoon vanilla extract  
1 ¼ cups coffee flavored low fat frozen yogurt  
20 chocolate wafers

## Directions:

Combine first 4 ingredients in a small heavy saucepan and bring to a boil over medium-low heat, stirring frequently with a whisk.

Cook 2 minutes or until thick, stirring frequently. Remove from heat and stir in margarine and vanilla. Cover and chill thoroughly. Let frozen yogurt sit out until slightly softened.

Spread 2 tablespoons of yogurt onto each of the 10 wafers, and then top each with about a teaspoon of the syrup mixture. Top with the remaining wafers and press gently to make sandwiches. Place in the freezer for at least an hour before serving.

## Nutrition Facts:

Calories	98
Fat	2 grams
Sodium	89 milligrams

Courtesy of [applesforhealth.com](http://applesforhealth.com)