

Chocolate Yogurt

To replicate the appealing texture of the original, which is creamy but not overly thick on the palate, I paired equal parts 2% fat Greek yogurt and nonfat plain yogurt. A little cocoa and a wee bit of sugar add a chocolaty note that's happily devoid of candy-bar-sweetness. In other words, you can eat this for breakfast. Finally, we go through a ton of yogurt in our house, so buying two large containers is both practical and more environmentally sound than buying a whole slew of itty bitty packages.

Makes 1 cup

1/2 cup Greek yogurt (I used 2%)
1/2 cup plain nonfat yogurt (traditional style)
2 teaspoons unsweetened cocoa powder
1-1/2 to 2-1/2 teaspoons sugar, or to taste

Combine all ingredients in a small bowl. Eat with a clear conscience.