



## PB & Apple Paw-fait



1/2 of recipe (1 paw-fait): 175 calories, 8g total fat (1g sat. fat), 32mg sodium, 14g carbs, 2g fiber, 10g sugars, 12g protein

**Prep:** 5 minutes



More: [Dessert Recipes](#), [Vegetarian Recipes](#), [30 Minutes or Less](#), [5 Ingredients or Less](#)

### Ingredients

1 cup peeled and chopped apple (about 1 medium apple)  
2 tbsp. unsalted, unsweetened peanut butter (room temp)  
One 5.3-oz. container fat-free plain Greek yogurt

### Directions

Place apple in a medium bowl. Top with peanut butter, and stir to coat.

Top with yogurt, or serve over yogurt.

**MAKES 2 SERVINGS**

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.