



Personal PB&J Pies



1/6th of recipe (1 pie): 141 calories, 6g total fat (2g sat. fat), 118mg sodium, 18.5g carbs, 3g fiber, 4.5g sugars, 4g protein

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Prep: 20 minutes **Cook:** 10 minutes

Chill: 2 hours



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Ingredients

Crust

1 cup old-fashioned oats
 1/4 cup light whipped butter or light buttery spread
 1/4 cup unsweetened applesauce
 3 tbsp. powdered peanut butter
 2 packets no-calorie sweetener (like Truvia)
 1 tsp. cinnamon
 1/8 tsp. salt

Filling

1 tbsp. cornstarch
 1 1/2 cups chopped strawberries (fresh or thawed from frozen)
 3 packets no-calorie sweetener (like Truvia)

Topping

6 tbsp. natural light whipped topping (like the kind by [So Delicious](#) or [Truwhip](#))
 1/4 oz. (about 1 tbsp.) chopped peanuts

Directions

Preheat oven to 350 degrees. Spray 6 cups of a 12-cup muffin pan with nonstick spray.

To make the crust, pulse oats to the consistency of coarse flour in a small blender/food processor. Transfer to a large bowl.

In a small microwave-safe bowl, microwave butter for 20 seconds, or until melted. Add to the large bowl. Add remaining crust ingredients, and mix until uniform, with the consistency of wet sand.

Evenly distribute mixture among the 6 cups of the muffin pan, using your hands or a flat utensil to firmly press and form the crusts. Press it into the edges and up along the sides.

Bake until firm, about 10 minutes.

Meanwhile, make the filling. Combine cornstarch with 2 tbsp. water in a medium nonstick pot. Stir to dissolve. Add strawberries and sweetener. Mix well.

Set heat to medium. Cook and stir until thickened, 3 - 5 minutes.

Evenly distribute filling among baked pie crusts. Cover and refrigerate until chilled, at least 2 hours.

Dollop 1 tbsp. whipped topping over each pie, and top with peanuts.

MAKES 6 SERVINGS

HG FYI: If using frozen strawberries, make sure no sugar has been added... The only ingredient should be the fruit itself!

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