



2-Ingredient Freezy PB Bites



1/6 of recipe (1 bite, before mix-ins): 80 calories, 3.5g total fat (2.5g sat. fat), 19mg sodium, 10.5g carbs, 0.5g fiber, 6g sugars, 1.5g protein

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Prep: 5 minutes

Freeze: 3 hours



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Ingredients

3 tbsp. powdered peanut butter ([like the kind by PB2](#))
2 cups light whipped topping (thawed from frozen)

Directions

In a medium bowl, mix powdered peanut butter with 2 tbsp. water until smooth. Add whipped topping, and mix until uniform.

Distribute mixture among the cups of a [6-cup silicone muffin pan](#) (or 6 cups of a standard muffin pan lined with liners).

Lightly cover with foil and freeze until firm, at least 3 hours.

MAKES 6 SERVINGS

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