



Fluffy PB Dip



1/6th of recipe (about 1/4 cup): 81 calories, 3.5g total fat (2g sat. fat), 81mg sodium, 8.5g carbs, 1g fiber, 4.5g sugars, 4.5g protein

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Prep: 5 minutes



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Ingredients

1/2 cup powdered peanut butter
1/3 cup fat-free vanilla yogurt
2 tbsp. light/reduced-fat cream cheese
1 tsp. vanilla extract
3/4 cup light whipped topping (thawed from frozen)

Seasonings:

Dash salt

Directions

In a medium bowl, mix powdered peanut butter with 1/3 cup water until smooth.

Add yogurt, cream cheese, vanilla extract, and salt. Stir until smooth and uniform.

Fold in whipped topping.

MAKES 6 SERVINGS

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