



# Freezy PB Dessert



1/12 of recipe: 55 calories, 2.5g total fat (2g sat. fat), 9mg sodium, 7.5g carbs, <0.5g fiber, 4g sugars, 0.5g protein

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**Prep:** 5 minutes  
**Freeze:** 2 hours



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## Ingredients

- 3 tbsp. powdered peanut butter
- 9 oz. container light whipped topping (thawed from frozen)

## Directions

Mix the powdered peanut butter with 2 tbsp. water until smooth. Add whipped topping, and mix until uniform.

Spoon into a 12-cup muffin pan, and freeze until solid, about 2 hours.

**MAKES 12 SERVINGS**

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