



## 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



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### 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

**SmartPoints**® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.