



## PB&J Crunchettes



1/5th of recipe (3 crunchettes): 126 calories, 5g total fat (2g sat fat), 120mg sodium, 14.5g carbs, 1g fiber, 5g sugars, 6.5g protein

**Blue Plan (Freestyle™) SmartPoints®** value 4\*

**Prep:** 10 minutes    **Cook:** 5 minutes

**Chill:** 1 hour

Tagged: [Dessert Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#)

### Ingredients

3 tbsp. powdered peanut butter  
1/2 cup fat-free plain Greek yogurt  
1/3 cup natural light whipped topping (like [Skinny Truwhip](#) or [So Delicious Dairy Free CocoWhip! Light](#))  
3 tbsp. light/reduced-fat cream cheese, room temperature  
2 tsp. creamy peanut butter  
2 packets no-calorie sweetener (like Truvia)  
1/2 tsp. vanilla extract  
Dash salt  
15 frozen mini fillo shells (like the kind by Athens)  
1/2 cup finely chopped freeze-dried strawberries

### Directions

Preheat oven to 350 degrees.

In a medium bowl, combine powdered peanut butter with 2 1/2 tbsp. water. Stir until uniform.

Add all remaining ingredients *except* fillo shells and freeze-dried strawberries. Mix until smooth and uniform.

Cover and refrigerate for 1 hour, or until chilled.

Meanwhile, bake shells on a baking sheet until lightly browned, about 5 minutes.

Just before serving, fold 1/4 cup freeze-dried strawberries into filling. Evenly distribute into the fillo shells. Top with remaining 1/4 cup freeze-dried strawberries.

MAKES 5 SERVINGS

**HG Tip:** If you're not serving these the same day they're made, store the baked fillo cups at room temp in a sealable container or bag, and refrigerate the filling in a sealed container.

**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.