



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

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

Chill: 1 hour



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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.

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