



## PB&J Dessert Dip



1/8th of recipe (about 3 tbsp.): 74 calories, 4g total fat (1.5g sat. fat), 55mg sodium, 7g carbs, 1g fiber, 3.5g sugars, 3g protein

[Click for WW Points® value\\*](#)

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

**Cool:** 10 minutes    **Chill:** 2 hours



More: [Dessert Recipes](#), [Vegetarian Recipes](#), [Four or More Servings](#), [Gluten-Free](#)

### Ingredients

2 tsp. cornstarch  
3/4 cup chopped strawberries (fresh or thawed from frozen and drained)  
2 packets natural no-calorie sweetener (like Truvia)  
1/3 cup fat-free plain Greek yogurt  
2 tbsp. light/reduced-fat cream cheese, room temperature  
2 tbsp. creamy peanut butter  
2 tbsp. powdered peanut butter  
1 tsp. vanilla extract  
Dash salt  
3/4 cup light whipped topping (like [Skinny Truwhip](#) or [So Delicious Dairy Free Cocowhip! Light](#))  
Optional topping: crushed graham crackers

### Directions

In a small nonstick pot, dissolve cornstarch in 2 tbsp. water. Add strawberries and sweetener. Mix well, and set heat to medium. Cook and stir until thickened, about 3 minutes.

Transfer to a medium bowl. Let cool slightly, about 10 minutes.

In a second medium bowl, combine all remaining ingredients *except* whipped topping. Mix well. Fold in strawberry mixture and whipped topping, and stir until uniform.

Cover and refrigerate until chilled, at least 2 hours.

**MAKES 8 SERVINGS**

**HG FYI:** If starting with frozen strawberries, make sure no sugar has been added. The only ingredient should be the fruit itself.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

\*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.