



## 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

**Green Plan [SmartPoints](#)® value 3\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 2\***

**Purple Plan [SmartPoints](#)® value 2\***

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

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

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

### 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.

[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.