



## PB&J Fudge



1/20th of recipe: 85 calories, 5g total fat (0.5g sat. fat), 45mg sodium, 11g carbs, 2.5g fiber, 2.5g sugars, 4.5g protein

**Prep:** 15 minutes    **Cook:** 30 minutes

**Cool:** 3 hours

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## Ingredients

### Fudge

One 15-oz. can pure pumpkin  
1 cup [powdered peanut butter](#)  
2/3 cup creamy peanut butter  
1/4 cup + 2 tbsp. natural no-calorie sweetener that measures like sugar  
1/2 cup chopped [freeze-dried strawberries](#)

### Topping

3/4 cup frozen strawberries, thawed, not drained  
2 1/4 tsp. cornstarch  
1 1/2 tbsp. natural no-calorie sweetener that measures like sugar

## Directions

Preheat oven to 350 degrees. Line an 8" X 8" baking pan with parchment paper.

Place all fudge ingredients *except* freeze-dried strawberries in a food processor. Puree until completely smooth and uniform.

Fold in freeze-dried strawberries. Spread mixture into the baking pan, and smooth out the top.

Bake until a toothpick (or knife) inserted into the center comes out mostly clean, 25 - 30 minutes.

Let cool completely, about 1 hour.

Meanwhile, make the topping. Clean food processor, and add topping ingredients. Puree until mostly smooth. Transfer to a medium microwave-safe bowl. Microwave for 1 minute, or until hot and thickened.

Spread topping over fudge. Cover and refrigerate until completely chilled, at least 2 hours.

**MAKES 20 SERVINGS**

**HG Tip:** If making the fudge in advance, refrigerate the topping separately.

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