



## PB&J Parfait



Developed by Hungry Girl; brought to you by [Devotion Nutrition!](#)

Entire recipe: 234 calories, 7g total fat (1g sat fat), 73mg sodium, 25.5g carbs, 5.5g fiber, 17g sugars, 21.5g protein

Freestyle™ [SmartPoints®](#) value 4\*

[SmartPoints®](#) value 6\*

Prep: 5 minutes



## Ingredients

- 6 oz. (about 2/3 cup) fat-free plain Greek yogurt
- 1 packet no-calorie sweetener
- 1/2 - 1 packet [Strawberry Fields Flex Flavors](#)
- 1/2 - 1 packet [Peanut Butter Crunch Flex Flavors](#)
- 1/2 cup chopped freeze-dried strawberries
- 1/2 oz. (about 2 tbsp.) crushed peanuts

## Directions

In a medium bowl, combine yogurt, sweetener, and both Flex Flavors. Mix until uniform.

In a tall glass or medium jar, layer half of each ingredient: yogurt, strawberries, and crushed peanuts. Repeat layering with remaining yogurt, strawberries, and peanuts.

MAKES 1 SERVING

[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.