



PB Protein Cookie Dough Balls



1/4 of recipe (2 balls): 152 calories, 10g total fat (2g sat. fat), 144mg sodium, 18.5g carbs, 2g fiber, 5g sugars, 8g protein

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Prep: 10 minutes
Freeze: 30 minutes
Thaw: 15 minutes



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Ingredients

5 tbsp. powdered peanut butter
2 tbsp. fat-free vanilla Greek yogurt
1/4 cup creamy peanut butter
1/4 cup natural no-calorie powdered (confectioners) sweetener that measures like sugar
1 dash salt
1 tbsp. mini semi-sweet chocolate chips

Directions

In a large bowl, combine powdered peanut butter, yogurt, and 2 tbsp. water.

Mix until smooth and uniform. Add creamy peanut butter, sweetener, and salt. Mix until uniform.

Fold in chocolate chips. Roll mixture into 8 balls (about 1 tbsp. each).

Freeze on a plate lined with wax/parchment paper for at least 30 minutes.

Let thaw for 10–15 minutes before eating. Refrigerate leftovers.

MAKES 4 SERVINGS

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