



Peanut Butter Cup Trifle

INGREDIENTS:

8 oz.	Fat-free cream cheese
1 ½ cups	Confectioners sugar
½ cup	Creamy peanut butter
1 cup	Skim milk
16 oz.	Fat-free cool whip (thawed out)
1 cup	Crushed graham cracker crumbs

PREPARATION:

- In mixing bowl, mix cream cheese, sugar and peanut butter.
- Slowly add milk and beat at medium speed until smooth.
- Fold in thawed cool whip.
- Spoon ¼ cup of peanut butter mixture into the bottom of a glass.
- Sprinkle one tablespoon of graham cracker crumbs on top of the peanut butter mixture.
- Repeat; alternating peanut butter mixture with graham cracker crumbs.
- Top off with peanut butter mixture (there should be five layers).
- Cover and freeze until firm.
- Enjoy!

Number of servings:	16
Serving Size:	1 cup
Calories:	180
Fat Grams:	4.5

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