



Peanut Butter Mousse

INGREDIENTS:

8 oz. fat free cream cheese
1 1/2 cups confectioners' sugar
1/2 cup creamy peanut butter (you may substitute melted chocolate)
16 oz. sugar free, non-dairy whipped topping
1 cup skim milk

PREPARATION:

- In a mixing bowl, mix cream cheese, sugar and peanut butter (or melted chocolate)
- Slowly add milk and beat at medium speed until smooth.
- Fold in thawed whipped topping
- Freeze and scoop as you would ice cream or
- Spoon 1 1/2 cups into a serving glass or dish

Number of servings: 16

Serving Size: 3/4 cup

Calories: 80

Fat grams: 1.5

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14 VALENCIA ROAD HILTON HEAD ISLAND, SC 29928 /// 800.292.2440 /// HHHEALTH.COM