



## 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**

BROUGHT TO YOU BY

*Hilton Head Health*



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