



## Freezy PB&J Cups



1/6 of recipe (1 PB&J cup): 93 calories, 3.5g total fat (2.5g sat. fat), 19mg sodium, 13.5g carbs, 1g fiber, 7.5g sugars, 1.5g protein

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**Prep:** 10 minutes

**Freeze:** 3 hours



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## Ingredients

3 tbsp. powdered peanut butter ([like the kind by PB2](#))  
2 cups light whipped topping (thawed from frozen)  
3/4 cup chopped freeze-dried strawberries, divided

## Directions

In a medium bowl, mix powdered peanut butter with 2 tbsp. water until smooth. Add whipped topping, and mix until uniform.

Gently fold in 1/2 cup freeze-dried strawberries. Mix until uniform.

Distribute mixture among the cups of a [6-cup silicone muffin pan](#) (or 6 cups of a 12-cup silicone pan). Top with remaining 1/4 cup freeze-dried strawberries.

Lightly cover with foil and freeze until firm, at least 3 hours.

### MAKES 6 SERVINGS

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