

DESSERT

Chocolate PB Mousse

Ingredients:

- 1 cup vanilla yogurt
- 1/2 cup peanut butter
- 1 packet chocolate ScandiShake®
- 1/8 teaspoon cinnamon
- 1/2 cup whipped topping

Directions:

- In a bowl combine yogurt, cream cheese, peanut butter, ScandiShake®, and cinnamon. Mix well. Fold in whipped topping.
- Refrigerate until serving. Enjoy!

Nutrition Facts (per 1 serving):

- Makes 4 servings
- 370 calories
- Total Fat: 24 g.
- Saturated fat: 7 g.
- Sodium: 209 mg.
- Total Carbohydrate: 29 g.
- Dietary Fiber: 3 g.
- Protein: 12 g.



Other ways to enjoy!

-Use as a spread for:

- **Bagels**
- **French toast**
- **Toast**
- **Pancakes**
- **Waffles**

-Try as a dip for:

- **Candy bars**
- **Fruit**
- **Crackers**

-Buy graham cracker pie crust, add PB mousse, and refrigerate to make into a pie