Peanut Butter Mousse

Active Time – about 10 minutes
Total Time - about 4 Hours, 10 minutes

Makes 16 Servings

Garnish with a half of a mini peanut butter cup.

For more Healthy Kitchen ideas, visit

H3HEALTHYKITCHEN.COM

Cream cheese, Neufchatel	8 ounces
Powdered sugar	¾ cups
Creamy peanut butter	½ cup
Milk, skim	1/3 cup
Coco Whip, thawed out	9 ounces

STEPS:

- In a mixing bowl combine cream cheese, confectioners' sugar and peanut butter. Mix well.
- Slowly add milk and beat at medium speed until smooth.
- Fold in thawed cool whip.
- Cover and freeze until firm.
- Enjoy!

NUTRITION:

SERVINGS 20; SERVING SIZE ¼ cup; CALORIES 160kcal; FAT 3 gm;