

Healthy Recipe

GET HEALTHY, STAY HEALTHY

Cool Whip Peanut Butter Treats

Makes: 12 servings • **Prepare Time:** 5 minutes • **Cook Time:** 2-4 hours to freeze

Ingredients

- 1 tub Cool Whip Free, thawed
- 3 tablespoons Peanut Butter
- Chocolate Syrup, Sugar Free
- 12 cupcake liners

Preparation

- Mix the Cool Whip and peanut butter together.
- Spoon into 12 lined cupcake tins.
- Drizzle with chocolate syrup and freeze.



Nutrition

Per serving (1 piece): 44.5 calories; 2 g fat (0.3 g sat fat); 0 mg cholesterol; 5.5 g carbohydrates; 2 g sugars; 1 g protein; 0.3 g fiber; 32.4 mg sodium; 29.8 mg potassium.