

Peanut Butter Pie!

I developed this recipe after finding appalling ingredients in Cooking Light's version of a "Lite" peanut butter pie. Fat free cool whip as a main ingredient full of hydrogenated oils and high fructose corn syrup! I'm also not a big fan of fat-free cream cheese. It contains too many additives. Since I love natural peanut butter and fat free Greek yogurt - I was inspired to make them into a pie of some sort. Keep an open mind when trying any new recipe!

16 oz of fat free Greek Yogurt
1/2 jar of natural, unsalted peanut butter (8 oz)
1 tsp vanilla
6 packets of splenda or 5-6 teaspoons sugar - you can even use stevia, organic maple syrup or agave syrup but I have them out
1/4 cup chopped peanuts & 1/4 cup chocolate shavings each
3 cups chocolate animal crackers made without hydrogenated fat
1/2 cup egg whites

Mix first 4 ingredients in a bowl and place in fridge. Place crackers in food processor - blend until bread crumb-like consistency. Mix in 1/2 cup eggs whites. Place in sprayed pie pan. Press down and poke with fork and bake @ 400 F for 10 minutes. Cool and then add yogurt and peanut butter mix. Sprinkle with 1/4 cup nuts and chocolate shavings. Chill for one hour before serving.

Calories per serving: TBA - it's all good! Cut pie into 8 pieces and serve