

Peanut Butter Pie in a Mug

Ingredients:

- ¾ cup fat free vanilla Greek yogurt
- 1 ½ tablespoons powdered peanut butter
- 2 tablespoons sugar free whipped topping
- ½ sheet chocolate graham crackers, crushed

Makes 1 Serving

Directions:

1. Thoroughly mix yogurt, and peanut butter powder.
2. Place into a mug, top with whipped topping and crushed graham crackers

Nutrition Facts	
Servings: 1	
Amount per serving	
Calories	275
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 2g	10%
Cholesterol 0mg	0%
Sodium 256mg	11%
Total Carbohydrate 37g	13%
Dietary Fiber 10.8g	38%
Total Sugars 11.8g	
Protein 24.5g	