

# Skinny Frozen Bites

*100 calories per cup!*

*1 Weight Watchers Point!*



1 – 8 oz container of Cool Whip

7 TBSP of PB2 powder

5 TBSP Water (for the PB2)

Chocolate Syrup

Sprinkles

Mix the water and PB2 powder in a bowl until it becomes a

peanut butter texture. YOU CAN USE REGULAR PEANUT BUTTER TOO!  
4 TBSP of regular peanut butter if you use it, but they will  
be more than 100 calories a cup then.

Once your peanut butter is mixed, add cool whip and mix with  
beater until creamy.

Place 4-5 tbsp in each lined cupcake holder.

Then top with a little chocolate syrup and sprinkles. Freeze  
an hour and enjoy! Any left overs just place in a freezer bag  
and snack on when you are ready for a lite delicious treat!