

MAKEOVER PEANUT BUTTER PIE

SOURCE: TASTE OF HOME'S LIGHT & TASTY PREMIERE ISSUE

Note ingredient & nutritional value changes, vis-vis original recipe!

Cook/Prep Time: less than 1 hour (not counting overnight refrigeration)

INGREDIENTS:

1 pkg (3 oz) fat-free cream cheese
1/3 C reduced-fat peanut butter
1/2 C confectioners' sugar
1/4 C fat-free milk
1 carton (8 oz) fat-free frozen shipped topping, thawed
1 chocolate crumb crust (9")

DIRECTIONS:

In mixing bowl, beat cream cheese till fluffy - mix in peanut butter & sugar - gradually add milk - mix well - gently fold in whipped topping - spoon into crust - refrigerate overnight.

Servings: 8 slices

[per serving: calories: 280; protein: 6g; carbohydrates: 35g; total fat: 12g; saturated fat: 3g; cholesterol: 2mg; sodium: 325mg; fiber: 1g / Diabetic Exchanges: 2 starch, 1 fat, 1 fruit]