



4 Ingredient Peanut Butter Mousse

Description

This 4 ingredient peanut butter mousse makes a small batch, ideal if you only need 2 servings. It's light and creamy, not too sweet with a bit of a tang, and super easy to make.

Prep Time:10 mins

Total Time:10 mins

Servings:2

Ingredients

- 2 ounces Neufchâtel cheese, softened
- 1/4 cup peanut butter
- 1/4 cup confectioners' sugar
- 1/2 cup heavy whipping cream

Directions

1. Beat Neufchâtel cheese, confectioners' sugar, and peanut butter together in a bowl until smooth and well combined. Set aside.
2. Place heavy whipping cream in another bowl and whip until medium peaks form. Add peanut butter mixture and whip just until combined.
3. Divide evenly into 2 serving glasses. Serve at once, or cover and refrigerate.

Cookâ??s Note

Regular cream cheese can be substituted for the NeufchÃ¢tel cheese.

Nutrition Facts

Calories517

Total Fat 44g

Saturated Fat 20g

Cholesterol 88mg

Sodium 265mg

Total Carbohydrate 24g

Dietary Fiber 2g

Total Sugars 18g

Protein 11g

Vitamin C 0mg

Calcium 90mg

Iron 1mg

Potassium 291mg

Category

1. High Protein Recipes

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