

4 Ingredient Peanut Butter Mousse

Description

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

Prep Time:10 mins Total Time: 10 mins

Servings:2

Ingredients

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

Directions

- 1. Beat Neufchâtel cheese, confectionersâ?? 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 Neufchâtel cheese.

Nutrition Facts

Calories517

Total Fat 44g

Saturated Fat 20g

Cholesterol 88mg

Cholesterol common Sodium 265mg
Total Carbohydrate 24g

Total Fiber 2g

Watermark

Vitamin C 0mg

Calcium 90mg

Iron 1mg

Potassium 291mg

Category

1. High Protein Recipes

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rauf