

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.

Cook's Note

Regular cream cheese can be substituted for the Neufchâtel cheese.

Nutrition Facts

Calories517

Total Fat 44g

Calories517

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

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