



Weight Loss Whey Peanut Butter Cookies and Cream Pie

Ingredients

- 2 scoops of Weight Loss Whey Cookies and Cream
- 1/2 cup all-natural peanut butter
- 4 packets of Splenda
- 1/4 cup fat-free Milk
- 1 tsp vanilla extract
- 1 (8-ounce) package 1/3 fat free cream cheese
- 1 (8-ounce) tub low fat whipped topping
- 1 cookie pie crust (recommended: Oreo)
- Ice cream topping (recommended: Magic Shell)

Directions

1. In large bowl combine all the ingredients, except the cookie crust and whipped topping.
2. Blend with a hand mixer.
3. Gently fold in whipped topping.
4. Pour into crust and freeze for 2 hours.
5. Once frozen, drizzle with ice cream topping, and re-freeze for 20 minutes.
6. Thaw slightly before serving. This pie is very rich, so thin slices are advised.

Nutrition Facts

Servings: 12 slices

Serving Size: 1 slice

Cal: 312

Fat: 24 g

Carbs: 13.5 g

Sugar: 6 g

Protein: 10.5 g