



PEANUT BUTTER WHIPS

From the kitchen of Mom Dudley

Ingredients:

1/2 cup of Creamy Peanut
butter

1 8 oz. carton Fat-Free Cool
Whip

Directions:

Start by placing the mini cupcake liners into the 24
cups of the cupcake pan. Note: I used a cookie sheet
covered in parchment paper.

In a medium-sized mixing bowl, fold the peanut butter
and cool whip together until thoroughly combined.

Spoon the mixture into a piping bag (or any resealable
bag) and distribute evenly amongst the 24 mini
cupcake liners. Note: I dropped them onto a cookie
sheet covered in parchment paper using a melon ball
scoop.

Place pan in the freezer for an hour or two. Once
frozen, place frozen treats into a resealable bag and
store in the freezer for up to 2 months.