

RECIPE

# Chocolate Peanut Butter Mousse



Ready in **5 minutes**

Serves **1 person**

**353 calories**

23g. Protein

15g. Carbs

26g. Fat

6g. Sugar

## Ingredients

- ½ c. Cottage Cheese
- 2 Tbsp. Peanut Butter
- 2 tsp. Cocoa Powder
- 3-4 Stevia Drops
- 1 Tbsp. Coconut Shreds
- ¼ bar JoJo's Chocolate Bark

## Preparation

1. **Puree cottage cheese with hand mixer.**
2. Whip in peanut butter, cocoa powder, and stevia drops until smooth.
3. Chop up chocolate bar into small pieces.
4. Top with coconut shreds and chocolate bar.
5. Optional: Chill in freezer for 15 minutes.

## Tips

The two peanut butter options I recommend are: Adam's Chunky 100% Natural Peanut Butter or Kirkland Signature Organic Creamy Peanut Butter. Both found at Costco. You can sub the Stevia drops for your favorite sweetener such as: Monk Fruit in the Raw, Xylitol, honey, or even try real fruit pureed. The sweetener of choice may change the macros though.

This snack is awesome to cut late night cravings.

♥Fitbrit