Peanut Butter Dream

Plan Z Phase: This is a Z3 (ZReboot) recipe. Think peanut butter chiffon pie without the crust. For a low carb diet this is perfect. I have made it for guests a few times. The servings I gave out were generous and I figured no one would finish. Ha. Everyone snarfed up every bit. Served in a pretty glass (I use antique champagne saucers) or a fun, tiny bowl, this is perfect for a party. People love the fact that it’s so light and yet decadent.

Servings: Serves 4 – 6 depending on size of serving you decide on.

Ingredients:

- 8 oz of cream cheese (softened)
- 3-4 tsp of Truvia
- 1 cup of smooth peanut butter. I use organic peanut butter that is emulsified and unsweetened.
- 3 cups of whipped topping. TruWhip is one brand you can use. Or you can whip your own cream and use that.
- cocoa powder for dusting (optional)

Instructions:

Load a medium bowl with the cream cheese, Truvia and peanut butter. Whiz until blended. Then add your whipped cream or the TruWhip. Whip again until it’s all mixed. Put into your pretty serving dishes and put in the refrigerator covered (I just use little pieces of plastic wrap to cover them). Remove covers when you want to serve and dust with the cocoa powder. You’re all set for a fancy party. It’s also great all by yourself watching TV. If you have them, you can even serve this with demitasse spoons to make the experience take longer. Small spoonfuls. Listen for the moaning at the table. You’ll hear it. I promise.

I recommend you make this the afternoon you serve it. Leftovers do well in the refrigerator for a few days. They never last long in my house.

Enjoy!

Cheers,