

Chocolate Peanut Butter Pie



Totals for one pie (makes 8 individual pies):

Calories 180 Fat 7.5g Fiber 1g Carbs 18g

What you'll need:

- 2 Egg whites
- ½ Cup creamy peanut butter (no sugar added)
- 3/8 Cup Splenda for baking
- 1 Can butter flavored cooking spray
- 1¼ Cup skim milk
- 1 1.4 ounce box chocolate pudding mix (sugar free and/or fat free)
- 1 Container Cool Whip Free (completely thawed)
- 1 tsp Cocoa

Mixing bowl

Electric mixer

8 Pyrex oven safe glass pie shells (6 ounce size)

Let's get to cooking!

1. Preheat your oven to 350 degrees.
2. In a mixing bowl whip egg whites with electric mixer until they make stiff peaks.
3. Add peanut butter and Splenda and blend thoroughly.
4. Form 8 balls out of the dough and pat very flat with your hand.
5. Spray Pyrex cups with cooking spray and place flat dough in the bottom.
6. Using your fingertips spread the dough until it covers the entire bottom and sides.
7. Bake peanut butter crusts for 12 minutes. Turn oven off.
8. Pour skim milk in mixing bowl, add pudding mix and blend with mixer for two minutes.
9. Take crusts from oven and spread ½ of the total chocolate pudding as first layer of each.
10. Take remaining pudding and add ½ of your Cool Whip Free and blend with electric mixer to form a chocolate moose.
11. Spread this as second layer on each pie.
12. Spread remaining Cool Whip Free as last layer of each pie.
13. Dust with cocoa and chill for one hour before serving.

My love of Reese's Peanut Butter Cups inspired this **Kitty's Lighter Weigh** recipe.