



# Snickers Dessert

Combine your love of Snickers and ice cream with this deliciously easy sugar free (and guilt free) dessert! Just a few ingredients, a few minutes in the freezer (or skip the freezer part) and this dessert is going to WOW your family! Check our tips below for picking out the best yogurt and chocolate!

## Recipe:

1/2 Cup Low Carb Plain Yogurt  
1.5 TBSP Peanut Butter  
1 TBSP **Chocolate Drizzle** or Chocolate Chips  
1 TBSP Peanuts  
Optional: Sea Salt

Spoon Yogurt into a bowl.  
Mix in Peanut Butter until well combined.  
Top with Chocolate, Peanuts and Salt.



Freeze for 10 minutes if you want it to taste like ice cream

Eat right away and it will taste like a Snickers Mousse!

Tip: If you're not counting macros, this recipe works great without measuring. I typically take three big spoonfuls of yogurt, one spoonful of peanut butter and then just drizzle some chocolate on top. The macros below are for the measurements used.

Macros: Calories 405, Fat 28g, Carbs 19g, Fiber 11g, (Net Carbs 8) Protein 22g

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