



## Peanut Butter Pie in a Mug

In need of a quick and good-for-you treat? "Hungry Girl" Lisa Lillien has just the thing to satisfy your sweet craving with this ready-in-a-minute recipe.

### **Peanut Butter Pie in a Mug**

*Serves 1*

#### Ingredients

3/4 cup fat-free vanilla yogurt  
1 1/2 tablespoon powdered peanut butter  
2 tablespoon natural light whipped topping  
1/2 sheet (2 crackers) chocolate graham crackers, crushed  
Crushed peanuts, optional

#### Directions

1. In a mug, thoroughly mix yogurt with powdered peanut butter.
2. Top with whipped topping, crushed graham crackers, and peanuts, if using.

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