



Dr. Jonie's Peanut Butter Chocolate Mousse



Let's Get Thin MD
The Dr. Girouard Advantage™

OFFERING MEDICALLY SUPERVISED WEIGHT LOSS PROGRAMS / DIET AND HEALTH TIPS
RECIPIES AND NUTRITIONAL INFORMATION / ACCESS TO SIGNATURE PRODUCTS



INGREDIENTS

4 oz cream cheese
2/3 cup whipped peanut butter (comes this way – I use Peter Pan Whipped Creamy Peanut Butter - it is lower in fat & carbs)
1/3 cup Nectresse
1/4 teaspoon almond extract
1/4 teaspoon vanilla extract
1 tablespoon light cream
1 tablespoon softened butter
1/3 cup light cream (foamed)
1 tablespoon Hershey's Cocoa - Special Dark

NECTRESSE™ SWEETENER

100% natural sweetener made with sweet monk fruit extract. Tastes like sugar with zero calories per serving.



INSTRUCTIONS

Mix Nectresse, Almond Extract, Vanilla and 1 tablespoon cream in bowl and let sit for few minutes while Nectresse dissolves.
Add cream cheese, butter, cocoa and peanut butter. Mix on medium-high for about 5 minutes, scraping sides frequently.
Froth/foam remaining cream. Fold in foamed cream to rest of mixture.
Divide mixture into six small servings and chill. Eat plain or garnish with chopped up sugar free chocolates of your choice.

SERVING INFORMATION

Definitely a dessert for those peanut butter, chocolate and sweet cravings.
Makes 6 servings; each with 6.5 grams of protein and 3.6 grams of carbs.

Overall, our patients lose more than 10,000 pounds per month!

We're here to help you reach your goals with 5 great locations in North Carolina to serve you.

Let's Get Thin MD
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