

# Positively (Divine) Peanut Butter Pie

Serving Size: 1 slice • Total Servings: 8

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1 cup (8 oz.) heavy cream\*  
¼ tsp. vanilla extract  
¼ tsp. stevia extract (see page xii for brand variances)

4 oz. Neufchâtel cream cheese, softened  
½ cup smooth natural peanut butter  
¾ tsp. stevia extract (see page xii for brand variances)  
1 prepared chocolate cookie piecrust (preferably Arrowhead Mills brand)

Nutrition Facts/Serving	
Calories	294
Carbohydrates	16g
Total Sugars	7g
Fiber	1g
Fat	23g
Cholesterol	31mg
Sodium	202mg
Protein	7g

Beat heavy cream, vanilla and stevia extract until stiff peaks form. Set aside.

Mix cream cheese and peanut butter in large mixing bowl. Using an electric mixer, beat at medium until well blended. Add ¾ tsp. stevia extract and whipped cream mixture to the peanut butter/cheese mixture. Beat until smooth. Place filling into piecrust and cover. Refrigerate or freeze for at least 2 hours. Prior to serving, if frozen, defrost on counter for about 30 minutes.

\*1 cup heavy cream yields about 2 cups whipped cream.

## Optional:

1. Make homemade piecrust (graham cracker, not chocolate) on page 23 if you have time or be sure to purchase one that has all-natural, healthy ingredients, not refined sugar or hydrogenated oils.
2. Decorate top of pie with another batch of whipped cream and add chocolate chips on top or drizzle with melted chocolate sauce (see page 61).

**Lisa's Note:** I strongly recommend using all-natural peanut butter, as opposed to the highly commercialized peanut butters. The main reason is simply the ingredients. Some popular brands have the following added ingredients that are not necessary or healthy: sugar, partially hydrogenated vegetable oils (can include cottonseed, soybean and/or rapeseed), monoglycerides, diglycerides, salt and molasses. The natural peanut butters are simply raw or roasted peanuts and usually offer salted or unsalted versions.