



## *Sugar Free Peanut Butter Pudding*

*\*I prefer to use vanilla yogurt as it adds a little extra flavor and sweetness but do note that there may be sugar in it. If you're going for totally sugar free, use the plain. Otherwise, look for a vanilla yogurt that contains natural rather than artificial sweeteners.*

Combine all ingredients in a blender or food processor.

Process first on low speed, then on high speed until smooth.

Refrigerate and store for up to 4 days. Serves 4.

### INGREDIENTS

1 small ripe banana

1/2 cup plain or vanilla\* nonfat yogurt

1/2 cup natural peanut butter (or any nut butter)

1/4 teaspoon pure vanilla extract

*lillyella*  
UNIQUELY YOU