Frozen Yogurt Peanut Butter Banana Cream Pie

POSTED UNDER CLEAN EATING / DESSERTS / FREEZER FRIENDLY / GLUTEN FREE / KID FRIENDLY

Here's the Dish

Creamy. Peanut Butter. Banana. Pie…. I'm pretty sure those few words say it all, and that I don't need to say much more about this pie to make it desirable! However I just may point out the fact that it has less than 150 calories per serving, and that it is low in sugar, and high in protein! As the summer winds down, what better way to say 'farewell' to these fine summer days than with this frozen yogurt peanut butter banana pie!?!

Method

Ingredients

For the Crust:

2 cups	Low fat vanilla wafers [1]
2 tbs	Butter melted, (I like Smart Balance Light)
1/4 cup	Baking stevia OR 1/2 cup sweetener of choice that measures like sugar [2]

For the Pie Filling:

2	Ripe medium bananas
1/2 cup	Peanut flour (or 1/4 cup peanut butter, melted)
1/2 tsp	Salt
1/2 cup	Skim milk (or milk of choice)
1/2	Cup Baking stevia OR 1 cup sweetener of choice that measures like sugar [3]
1 cup	Low fat plain Greek yogurt [4]
1 (12 oz)	Container Fat Free Cool Whip OR Tru Whip (for a natural version)

[1] *Or you could use 2 cups high fiber cereal or 2 cups of roasted peanuts or almonds for a clean & gluten free version of this crust!*

[2] *I used NuNaturals More Fiber Stevia Baking Blend. If using packets of stevia, I recommend using about 4-6, or adjust according to taste.*

[3] *I used NuNaturals More Fiber Stevia Baking Blend. If using packets of stevia, I recommend using about 8-12, or adjust according to taste.*

[4] *Or 1 (8 oz) Package fat-free cream cheese Or 1 cup low fat cottage cheese, (don't worry, it will blend to a smooth mixture in the blender!)*

Katie's Tip!

"I would strongly recommended letting the pie sit at room temperature for about 10-15 minutes before serving to let the frozen pie soften a bit. Also, please take note that I have included many

THE ESTIMATED TOTAL 4 HOURS TO FORM ONE RESULT TO EATING

1. Preheat oven to 350 degrees. Spray a 8×8 springform pie pan with non-stick cooking spray. Set aside.

2. To make the crust, place vanilla wafers, melted butter, and sweetener in a food processor, and pulse until mixture resembles wet coarse sand. (If you don't have a food processor, blend cookies in a blender, until they resemble coarse sand, and place in a bowl with butter and sweetener. Mix until well combined.) Press crust into prepared pan to form crust. Bake for 10 minutes, and remove from the oven. Let cool to room temperature.

3. To make the pie filling, combine all of the ingredients together in a blender, (except for the whipped topping), and blend until bananas are smooth. Pour mixture into a large bowl, and fold in 2 cups whipped topping until well blended.

4. Pour pie mixture over crust and top with remaining whipped topping. drizzle with low sugar caramel syrup, or melted peanut butter, and chopped peanuts if desired. Chill for at least 4-6 hours, (or overnight). Let sit at room temperature for at least 15 minutes to soften. Cut into 12 servings and enjoy!

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optional variations of this pie to make it as 'clean' as you would like, all of which taste amazing!

Nutrition Breakdown

12	Servings
140	Calories per Serving
2.5 g	Fat per Serving
20 g	Carbohydrate per Serving
1 g	Fiber
8.5 g	Sugar
7 g	Protein
3	WWP+*

**Weight Watchers Points per serving*

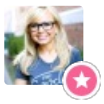
27 Comments

SAY SOMETHING

Amy Drogalis said:

Little confused with this recipe, on step 3 you say "combine all of the ingredients together in a blender, and blend until bananas are smooth", but them talk about folding in the whipped topping and using the remainder in step 4. I assume you mean to combine all the ingredients except the whipped topping, am I correct?

AUGUST 13TH, 2012 — 8:24AM | REPLY



Dashing Dish said:

correct! :)

AUGUST 13TH, 2012 — 8:33AM

Jen @ Savory Simple said:

Well this is just gorgeous!

AUGUST 13TH, 2012 — 8:26AM | REPLY

Kayla said:

I love all things peanut butter! Can't wait to try this! Katie, where do you

buy baking stevia? What brand do you use?

AUGUST 13TH, 2012 — 12:52PM | REPLY

Dashing Dish said:

i buy it on amazon… i buy nu naturals brand…the only brand i like! :)

AUGUST 13TH, 2012 — 2:54PM

Mj Smits said:

You can get it at Target too :) I love that regular stores are getting more healthy options these days!

AUGUST 21ST, 2012 — 2:13PM

Alana said:

This looks amazing<3 Can't wait to make it!

AUGUST 13TH, 2012 — 1:22PM | REPLY

Paula @ Paula's Plate said:

This looks incredible Katie! Where do you find your peanut flour?

AUGUST 13TH, 2012 — 2:33PM | REPLY

Dashing Dish said:

Thanks Paula! I buy mine on amazon! :)

AUGUST 13TH, 2012 — 2:53PM

Olviya said:

Looks delicious! Can't wait to make it:)

AUGUST 13TH, 2012 — 2:40PM | REPLY

JaymChels said:

The nutrition breakdown & directions are different. Are the cals per serving for 10 or 12 slices?

AUGUST 13TH, 2012 — 5:43PM | REPLY

Dashing Dish said:

12.. sorry typo! :)

AUGUST 13TH, 2012 — 9:19PM

Annie said:

Is this recipe for 10 or 12 servings? Step 4 says 10, but the nutritional info says 12.

AUGUST 13TH, 2012 — 5:57PM | REPLY

Anna said:

so peanut flour is different to powdered peanut butter, correct? i know, obvious question, just want to confirm.

AUGUST 14TH, 2012 — 12:06AM | REPLY

Clare said:

I don't understand the calorie count, as it would actually differ considerably if you changed some of the ingredients like you suggest. If you used peanut butter vs. peanut flour, or regular butter vs. a light butter, or regular full-fat milk vs skim, the calorie count would be far greater than what you listed. It would be good if you could specify exactly which version of the recipe will amount to the calorie count you've listed here, and then give variations (at least a ballpark figure) if the other, suggested alternatives are used.

AUGUST 14TH, 2012 — 6:34PM | REPLY

Dashing Dish said:

Cal count is never for optional variations… I just put these options fit those who want a healthy alternative

AUGUST 15TH, 2012 — 5:52AM

Sophie said:

Oh wow, two of my fave things (bananas and peanut butter) combined. And it's low fat, could life get any better?

AUGUST 17TH, 2012 — 5:28AM | REPLY

Lauren said:

I'm not a fan of bananas, would this drastically be changed if I just made it a peanut butter pie and omitted the bananas?

AUGUST 19TH, 2012 — 11:31AM | REPLY

Sarah@studiofood said:

Can I ask if there are any alternatives to Cool Whip Lite or Tru Whip? Those things don't exist here in Australia, only the full fat version.

AUGUST 20TH, 2012 — 8:50PM | REPLY

Dashing Dish said:

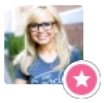
:) Love that your from Australia! You can use light cream cheese or just replace it with more yogurt! :)

AUGUST 20TH, 2012 — 9:30PM

Sarah said:

Did you have a problem with ice crystals?

SEPTEMBER 4TH, 2012 — 10:58AM | REPLY



Dashing Dish said:

yes…that is a natural bi-product of a frozen fruit, esp. banana but it wasn't bad

SEPTEMBER 4TH, 2012 — 11:45AM

Rhoda said:

Could I just use the filling recipe to make it into frozen yogurt?

SEPTEMBER 29TH, 2012 — 5:38PM | REPLY

Dashing Dish said:

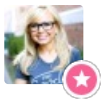
sure!

SEPTEMBER 29TH, 2012 — 7:19PM

Julie said:

I am making this tonight actually…is it runny at first until it chills or did I mess up somehow???.

NOVEMBER 21ST, 2012 — 7:30PM | REPLY



Dashing Dish said:

no :) it will firm up

NOVEMBER 22ND, 2012 — 9:22AM

Iani said:

I live in Australia and we do not have cool whip. What would be equivalent?

DECEMBER 10TH, 2012 — 4:24AM | REPLY

Name: *

Email: *

Website (optional):

Message: *

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