

HIGH PROTEIN SNACKS FOR PEANUT BUTTER LOVERS

HIGH PROTIEN PEANUT BUTTER

- 2 Tbsp. of Peanut Butter (**2 choices of fat protein**)
- 1 package of Beneprotein® (**1 choice of protein**)

Preparation:

1. Microwave peanut butter for 30 seconds so that it softens.
2. Mix in one package of Beneprotein®.
3. Enjoy as a spread on toast, or to be eaten with a fruit such as an apple or banana.



Protein	Milk	Fruit	Vegetables	Starch	Fat
3	0	0	0	0	0

TASTY PEANUT BUTTER BALLS

- 1 Tbsp. of peanut butter (**1 choice of fat protein**)
- 1 Tbsp. of soy milk
- 1/8 Tbsp. of vanilla extract
- 1 package of Beneprotein® (**1 choice of protein**)
- 1 1/2 Tbsp. of quick rolled oats
- 1 Tbsp. of granola or high protein cereal
- 1/2 Tbsp. of mini-sweet chocolate chips
- 1 Tbsp. of sugar

Preparation:

1. Combine peanut butter, milk, vanilla extract and Beneprotein® in a mixing bowl. Mix until ingredients are well blended, scraping side of bowl as necessary.
2. Add oats, granola or cereal, chocolate chips and sugar. Stir well.
3. Portion mixture into 4 pieces and roll each piece into a bite sized ball.
4. Place in an airtight container and store refrigerated.



Protein	Milk	Fruit	Vegetables	Starch	Fat
2	0	0	0	1.5	2