

LEAN BODY®



Protein Peanut Butter

HOW TO MAKE IT

1. Melt your Coconut Oil and combine all of your ingredients together in a food processor or really powerful blender
2. Process or blend everything until smooth

INGREDIENTS

- 16 Ounces (448g) Unsalted Peanuts
- A little Salt
- 2 Tablespoons (42g) Honey
- 6 Tablespoons Coconut Oil
- 4 Scoops (140g) Your Choice Flavor **Lean Body MRP**

NUTRITION

1 Tablespoon
Makes: 50 Tablespoons
Calories: 87
Fat: 6.7g
Saturated Fat: 2.3g
Sodium: 62mg
Carbs: 3.1g
Fiber: .9g
Sugar: 1.2g
Protein: 3.6g

TIPS

Not processing or blending? Add in more Coconut Oil!

Add in pieces of a Lean Body Protein Bar!

