

Half Cal Peanut Butter

(peanut butter spread with half the calories!)

Ingredients:

- 1/2 cup Peanut Butter
- 1/2 cup Bananas (about 2 medium)
- 1/4 cup Almond Milk



Directions: Mash banana and mix with other ingredients until spreadable consistency is reached. Puree in blender or food processor for completely smooth texture.

Overripe bananas will create a sweeter flavor. Add spices (ie. Cinnamon, pumpkin pie spice) or extracts (ie. vanilla) as desired.



Recipe by: Elizabeth Michaels, RD, CDE

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**Nutrition Information per serving
(10 servings ~2 T per serving):**

Jif Peanut Butter

Calories: 86

190 Calories

Fat: 6.4 grams

16 g Fat

Protein: 3 grams

7 g Protein

Carbohydrates: 5.5 grams

8 g Carbs

Fiber: 1 gram

2 g Fiber

Sodium: 32 mg

80 mg Sodium

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