

Peanut Junkie Butter (FP)

While peanut butter is on plan, some of us tend to want to overdo it. You don't have to raise your hand, but Serene has hers waving high in the air! The awesome thing about this peanut butter is it can be used with E and FP meals, too! Peanut Junkie Butter makes a mean PB and J sandwich on Soft Sprouted Bread (page 200) or Swiss Bread (page 196); hey, you can even put half a banana in your sandwich if you're so inclined! This is great for dipping sliced apples in or smeared on a small banana—and it offers some protein, too. It is also awesome smeared on any of the cracker recipes (see pages 449–457). This recipe comes from the "Condiments & Extras" section of the [Trim Healthy Mama Cookbook](#), page 481. This is a multiple-serve recipe that makes approximately 1 cup.

Multiple Servings

INGREDIENTS:

- 3/4 cup [TH Peanut Flour](#)
- 9 Tbs water
- 3/4 tsp MCT oil (or, 1/2 tsp softened butter)
- 1/3 tsp [TH Mineral Salt](#) (or more, to taste)
- 1/2 tsp [TH Gentle Sweet](#) (or more, to taste)



DIRECTIONS:

1. Whisk all the ingredients in a small bowl, then transfer to a small jar with a lid. Cover and keep refrigerated until ready to use.

A TRIM HEALTHY EXPERIENCE