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Peanut Butter Chocolate Chip Rice Cakes (S)

This recipe comes from Heather Small who is a certified Trim Healthy Coach. Heather was a featured coach in the “Back to Busy Season” edition of the Trim Healthy Living EZine. She says: “These are an amazing quick & easy on plan snack! I love to eat them as some pre workout fuel, then I follow them up with a protein rich drink or shake to fuel my muscles, in the morning, since I don’t like to eat much before working out! Love my THM Workins DVDs! The following recipe is a fix for my sweet tooth and so easy to throw together!”

Serving Size: Single-serve

INGREDIENTS:

- Natural peanut butter
- Stevia-sweetened chocolate chips like Lily’s or THM chocolate chips
- Brown rice cakes (I use Aldi’s brand with 4 net carbs.)
- Gentle sweet, or powdered xylitol (to taste)

INSTRUCTIONS:

1. Spread the peanut butter over the rice cake.
2. Top with chocolate chips and a sprinkle of Gentle sweet.

RECIPE NOTES:

To safely stay in S-mode, enjoy only 1 rice cake.

An FP-variation can be made using THM’s Peanut Junkie Butter, to replace the peanut butter, and use only a small amount of stevia-sweetened chocolate chips. Of course, then you can enjoy more than 1.