

PB2 and Apples

Ingredients:

2 Tbsp PB2 Powdered Peanut Butter
1 Tbsp water
1 medium apple, sliced



Directions:

1. In a small bowl, mix the PB2 and water. Stir until creamy. Use more or less water to create desired consistency.
2. Serve sliced apple with PB2 and enjoy!

Nutrition Information (per serving):

Whole Recipe w/ PB2:

115 Calories
2 g Fat
24 g Carbohydrate
5 g Protein

Whole Recipe w/ Creamy Peanut Butter:

260 Calories
16 g Fat
27 g Carbohydrate
7 g Protein