BeFit

Be Fit. Eat Healthy. It's your choice.

Chai Peanut Butter

Adapted from *Eating Well*

1 cup smooth natural peanut butter
½ teaspoon ground cinnamon
¼ teaspoon ground ginger
¼ teaspoon ground cardamom
¼ teaspoon ground cloves
1 teaspoon vanilla extract

Instructions:

Stir peanut butter to incorporate separated oil. Add remaining ingredients and stir into peanut butter. Store refrigerated in an airtight container. Flavor will continue to develop over time (ideally allow one day for the flavors to deepen).

Yield: 1 cup
Serving: 2 tablespoons

NUTRITION INFORMATION PER SERVING:

CALORIES: 190 calories
PROTEIN: 8 g
CARBOHYDRATE: 7 g
FAT: 16 g
SODIUM: 130 mg
FIBER: 3 g
SAT FAT: 2 g