

# PEANUT BUTTER

## 3 Ways

### **Peanut Butter Banana Oatmeal**

- Peanut Butter
- Quick Oats
- Bananas
- Granola
- Honey



### **Whole Wheat PB&J English Muffin**

- Whole Wheat English Muffin
- Peanut Butter
- Strawberry Jelly

### **Peanut Butter Blueberry Smoothie**

- Peanut Butter
- Blueberries
- Vanilla Greek yogurt
- Almond Milk

