

Nutritious Peanut Butter and chia



A great way to increase fiber and protein intake is by adding seeds to your nut butter. For a quick version, take natural peanut butter and simply add the other ingredients to enhance the nutritional value of your peanut butter!

Preparation 10 min

Cooking 5 min

Servings 12

Nutrition Facts (per serving)

Calories 185

Fat 16

Carbohydrates 6

Fibre 4

Protein 8

Sodium 0

Ingredients

- 500 ml (2 cups) raw peanuts
- 30 ml (2 tbsp) ground flaxseeds
- 30 ml (2 tbsp) chia seeds
- 45 ml (3 tbsp) raw pumpkin seeds

Preparation

1. In a heated skillet over medium-high heat, toast the peanuts for about 5 minutes, stirring occasionally.
2. In a food processor, blend the peanuts on high speed for 5 to 10 minutes, depending on the power of your processor. Be patient, as it may take some time.
3. Once you reach the desired consistency, remove the blade and add the raw pumpkin seeds, ground flaxseeds, and chia seeds. Mix well with a spoon, then transfer to a jar.

Notes

Store at room temperature for up to one month.



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