

# Koach Kanada's Real Deal Peanut Butter

Low Fat, Low Carb, Dairy Free



## RECIPE

### Ingredients:

1 cup peanut flour  
1/2 cup nut milk  
2 tbsp gentle sweet  
2 heaping tbsp collagen  
1/3 tsp salt  
1/2 tsp butter or buttery  
coconut oil for dairy free  
1/2 tsp vanilla extract  
1/4 tbsp heavy cream or  
silk heavy cream for dairy  
free

### Instructions:

-Add all of the ingredients to your kitchen mixer & whip together.  
-If you didn't have a mixer, use a fork. This will be too thick to whisk.  
-Serving size to keep in FP is 3 tablespoons

Refrigerate up to 1 week