

Versatile Peanut Butter Almond Butter Protein Scoop Snacks
Whole Foods Nutrition with Cindy Olejar
www.wholefoodsnutrition.org

Prep time: 10 min Cooking time: 1 to 2 hours freezer time
Makes about 28 scoops 2 tablespoons each in size

Delicious, satisfying healthy protein and fat snack
Protein 40% Fat 70% Carbs 4%

Ingredients

16 oz jar organic peanut butter*
12 or 16 oz jar organic almond butter*
1 cup organic coconut butter or organic unrefined coconut oil melted to a smooth or liquid consistency
2 Tablespoons organic Hemp Hearts shelled
2 Tablespoons Collagen, I use Vital Proteins Marine Collagen unflavored
2 Teaspoons sea salt or Himalayan salt if the peanut butter and almond or cashew butter do not have any sea salt in them.

You can also leave out the collagen and increase the Hemp Hearts, or leave out the hemp hearts and increase the collagen, or leave out both if preferred.

***Tip: Using new jars of peanut butter and almond butter at room temperature is easier to mix. And you can substitute the peanut butter and/or almond butter for organic cashew butter, organic sunflower butter, or organic tahini.**

Directions

1. Combine the peanut butter, almond butter, and melted coconut butter (or melted coconut oil) in a big bowl and stir them together until well combined.
2. Mix in the hemp hearts, collagen, and sea salt (if needed) and stir well.
3. Depending on the brand of peanut butter, almond butter and other butters you use your mix may not be solid enough to scoop into balls yet. If your mix is not solid put it into a covered glass storage container and place in the freezer for 1 to 2 hours or until it hardens enough to use an ice cream scoop for the next step.
4. Using an ice cream scoop (I use a 2 tablespoon ice cream scoop) scoop the mix into balls of desired size and put them into a covered container and store in the fridge for up to two weeks. Enjoy!



When the mix has become solid use an ice cream scoop or spoon, and form into balls or scoops the size of your choice. Store them in the refrigerator and enjoy for up to two weeks.

