

PEANUT BUTTER O'S



	Ingredients	Exchanges
Heavy Cream	60 gm served with cereal	
Protein	13.8 gm raw egg white	0.8 (+0.8 gm fat)
	4.7 gm Bob's Red Mill® soy flour	1.5 (+0.75 gm fat)
	6.3 gm creamy peanut butter	1.4 (-1.4 gm fat)
Fat	24.2 gm canola oil	6 (+0.15 gm)
Carbohydrate	Choice of carbohydrate	
Other	4 gm erythritol	

Recipe developed by Chef Paige Vondran

DIRECTIONS

- Preheat oven to 350° F.
- In a small bowl, stir together the egg white, erythritol, and peanut butter.
- Add in the soy flour and mix until smooth.
- Cover a baking sheet with parchment paper.
- Pour the batter into the corner of a sandwich bag.
- Cut a small hole on the tip of the bag.
- Begin to pipe the batter into small circles.
- Place in the preheated oven for 5-7 minutes until golden.
- To remove, lift the parchment paper and peel off the cereal circles.
- In a serving bowl, emulsify the heavy cream and oil together until smooth.
- Serve the cereal with choice of carbohydrate over the heavy cream and oil mixture.

VARIATIONS

- Other protein butters can be used such as SunButter® or sesame seed butter by adjusting the calculation accordingly.
- Adjust the heavy cream and canola oil gram amount according to person meal plan.
- Ideas for carbohydrate toppings include thinly sliced banana, strawberries, or regular Cheerios®.
- Emulsifying the oil and heavy cream can be done using a whisk or electric milk frother.