

Peanut Protein Smoothie

- 1/2 cup plain greek yogurt
- 1/2 cup milk
- 2 Tbsp dark or light peanut flour
- 1 tsp cocoa powder
- 1 frozen sliced banana

Blend and serve.

Purchase peanut flour online at www.byrdmill.com

This smoothie contains 20 grams of protein!



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TRY ME IN A
SMOOTHIE.



Creamy Peanut Sauce

- 1/4 cup light peanut flour
- 1/4 cup plain greek yogurt
- 1 garlic clove, minced
- 1 tsp sugar
- 1 tsp soy sauce
- 1/4 tsp sesame oil
- 1/2 tsp ground ginger
- 1/4 cup hot water

Combine all ingredients in a mixing bowl and whisk. Serve over steamed vegetables, tofu, grains or noodles.

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TRY ME IN A
QUICK AND
EASY PEANUT
SAUCE.

