



Graeme Thomas Online

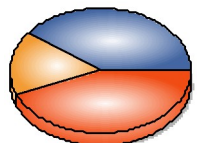
Because "Good Enough", Isn't!

<http://graemethomasonline.com>

Protein Pudding peanut butter

Recipe grams: 60.17g/2.1oz

Serves 1 60.17g/2.1oz per serving



Protein: 39%
 Carbohydrates: 17%
 Fat: 44%

INGREDIENTS

- 1 scoop Protein powder
- 1 tbsp PEANUT BUTTER, SMOOTH, NO SALT
- 1/2 oz CHIA SEED, DRIED

DIRECTIONS

Add all ingredient and mix with just enough water to make a paste.

Nutrition Facts	
Serving Size: 1 serving (60.2g)	
Servings: 1	
Amount Per Serving	
Calories 280	Calories from Fat 130
% Daily Value*	
Total Fat 14g	20%
Saturated Fat 3g	15%
Trans Fat 0g	
Polyunsaturated Fat 6g	
Monounsaturated Fat 4g	
Cholesterol 65mg	20%
Sodium 60mg	2%
Total Carbohydrate 12g	4%
Dietary Fiber 7g	30%
Sugars 2g	
Protein 29g	
Vitamin A 0%	• Vitamin C 0%
Calcium 25%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet.	