25 MUST TRY RECIPES FOR 2025!



PBfit™

RECIPE EBOOK

RECIPE INDEX

BLEND IT

Peanut Butter Banana Smoothie 4
PBfit Chocolate Protein Shake 6
Ninja Creami PB Chocolate Protein Ice Cream 8
Ninja Creami PB Banana Ice Cream 10
PB&J Smoothie Bowl 12
Peanut Butter Green Smoothie 14
PBfit Protein Brownie Batter 16
Quinoa Crunch Salad with Peanut Dressing 18

BAKE IT

Peanut Butter Oatmeal Cookies 20
Peanut Butter Muffins 22
PB Banana Nut Protein Muffins 24
Peanut Butter Baked Oats 26
Chocolate PB Protein Baked Oats 28
PBfit Pancakes with PBfit Syrup 30
PB Chocolate Chip Banana Bread Muffins 32

SPREAD IT

No-Bake Protein Cookies 34
Peanut Butter Mousse 36
Peanut Butter Protein Balls 38
Peanut Butter Chocolate Overnight Oats 40
Protein PB Cookie Dough 42
PBfit Buster Bar 44
Peanut Butter Bars 46
PBfit Protein Yogurt Apple Salad 48
PB Breakfast Sweet Potato 50
Thai Peanut Sauce 52

PEANUT BETTER

Whole-roasted peanuts, pressed to perfection, means PBfit contains 87% less fat than traditional peanut butter, and about 1/3 the calories. All that's left is powerful peanut protein, and a rich, guilt-free flavor you'll crave on everything.

ENDLESS POSSIBILITIES



BLEND IT

Toss into smoothies or shakes.



BAKE IT

Mix into breads, pancakes or waffles.



SPREAD IT

Combine 2 Tbsp PBfit with 1.5 Tbsp water.

visit **PBFIT.COM** for all our favorite products

PEANUT BUTTER BANANA SMOOTHIE

BLEND IT

GLUTEN-FREE

DAIRY-FREE



PEANUT BUTTER BANANA SMOOTHIE

Total Time: 5 min | Servings: 1
Calories: 275 | Protein: 18g | Carbs: 38g | Fat: 7g | Fiber: 10g

INGREDIENTS

4 Tbsp **PBfit Classic**
1 frozen banana
1 cup unsweetened almond milk

DIRECTIONS

1. Combine all ingredients in a high-speed blender.

2. Blend until smooth and creamy.

3. Enjoy your Peanut Butter Banana Smoothie!

LEARN MORE

PBFIT CHOCOLATE
PROTEIN SHAKE

BLEND IT

GLUTEN-FREE

PBFIT CHOCOLATE PROTEIN SHAKE

Total Time: 5 min | Servings: 1
Calories: 427 | Protein: 28g | Carbs: 61g | Fat: 8g | Fiber: 9g

INGREDIENTS

2 Tbsp **PBfit Classic**
1/3 cup rolled oats
1 scoop chocolate protein powder
1 frozen banana
2/3 cup milk of choice

DIRECTIONS

1. Combine all ingredients in a high-speed blender.

2. Blend until smooth and creamy.

3. Enjoy your PBfit Chocolate Protein Shake!

LEARN MORE

NINJA CREAMI PB CHOCOLATE PROTEIN ICE CREAM

BLEND IT

GLUTEN-FREE

NINJA CREAMI PB CHOCOLATE PROTEIN ICE CREAM

Total Time: 24 hrs | Servings: 1
Calories: 411 | Protein: 50g | Carbs: 27g | Fat: 10g | Fiber: 4g

INGREDIENTS

2 Tbsp **PBfit Classic**
1 1/4 cups Fairlife 2% chocolate milk
1/4 cup mini Reeses cups
1-2 Tbsp additional chocolate milk
1 scoop chocolate protein powder

DIRECTIONS

1. Add chocolate milk, protein powder, and PBfit to Ninja Creami container. Whisk or froth together until smooth.

2. Freeze for 24 hours.

3. Place the frozen container in Ninja Creami. Press the 'Ice Cream' button; remove. If powdery, add 1-2 Tbsp more of chocolate milk.

4. Place back in Ninja Creami. Press the 'Respin' button; remove. Respin another time if needed.

5. Create a small hole in the center; add 3 Reese's mini cups. Place back in Ninja Creami; press the 'Mix In' button. Remove. Crumble 3 additional Mini Reese's on top.

6. Enjoy your Ninja Creami Peanut Butter Chocolate Protein Ice Cream!



LEARN MORE

NINJA CREAMI PB BANANA ICE CREAM

BLEND IT

GLUTEN-FREE



NINJA CREAMI PB BANANA ICE CREAM

Total Time: 24 hrs | Servings: 1
Calories: 484 | Protein: 45g | Carbs: 44g | Fat: 12g | Fiber: 6g

INGREDIENTS

1/4 cup **PBfit Classic**
1 scoop vanilla protein powder
1 1/4 cups Fairlife whole milk
1 banana

DIRECTIONS

1. Add all ingredients into a blender and blend until well combined. Pour the mixture into a Ninja Creami pint until it reaches the max fill line.

2. Freeze on a level surface for 24 hours. To avoid getting a bump on the top of the frozen mixture, freeze with the lid off the container.

3. After 24 hours, remove the pint container from the freezer.

4. Place the pint container into the outer bowl of the Ninja Creami and then process on LITE ICE CREAM.

5. If the ice cream is dry or crumbly looking, pour in a tablespoon or two of milk and re-spin. You may have to repeat this process a couple of times.

6. Remove the pint from the machine and enjoy your Ninja Creami PB Banana Ice Cream!



LEARN MORE

PB&J
SMOOTHIE BOWL

BLEND IT

GLUTEN-FREE

DAIRY-FREE



PB&J SMOOTHIE BOWL

Total Time: 5 min | Servings: 1
Calories: 425 | Protein: 41g | Carbs: 56g | Fat: 5g | Fiber: 10g

INGREDIENTS

1/4 cup **PBfit Classic**
2 ripe bananas, peeled and frozen
1/4 cup milk of choice
1 scoop vanilla protein powder
Toppings: raspberry jam, roasted peanuts, peanut butter, and wafer cookies

DIRECTIONS

1. Add ingredients to the blender.

2. Blend until smooth and creamy. Note: Adjust the amount of liquid as needed. If you want it to be super thick and creamy, try to use the least amount of liquid possible. If you have a high-powered blender. You can get by with no liquid at all.

3. Transfer the smoothie to a bowl. Add any desired toppings and enjoy your PB&J Smoothie Bowl!



LEARN MORE

PEANUT BUTTER GREEN SMOOTHIE

BLEND IT

GLUTEN-FREE



PEANUT BUTTER GREEN SMOOTHIE

Total Time: 5 min | Servings: 1
Calories: 298 | Protein: 18g | Carbs: 48g | Fat: 3g | Fiber: 6g

INGREDIENTS

2 Tbsp **PBfit Organic**
3/4 cup cold unsweetened milk of choice
1 frozen banana
1/4 cup vanilla Greek yogurt
2 handfuls of baby spinach

DIRECTIONS

1. Add all ingredients into a high-powered blender and blend until smooth. If the smoothie seems too thick you can add a splash more milk.

2. Once the consistency is to your liking, pour it into a glass and drizzle with a little peanut butter.

3. Enjoy your Peanut Butter Green Smoothie!

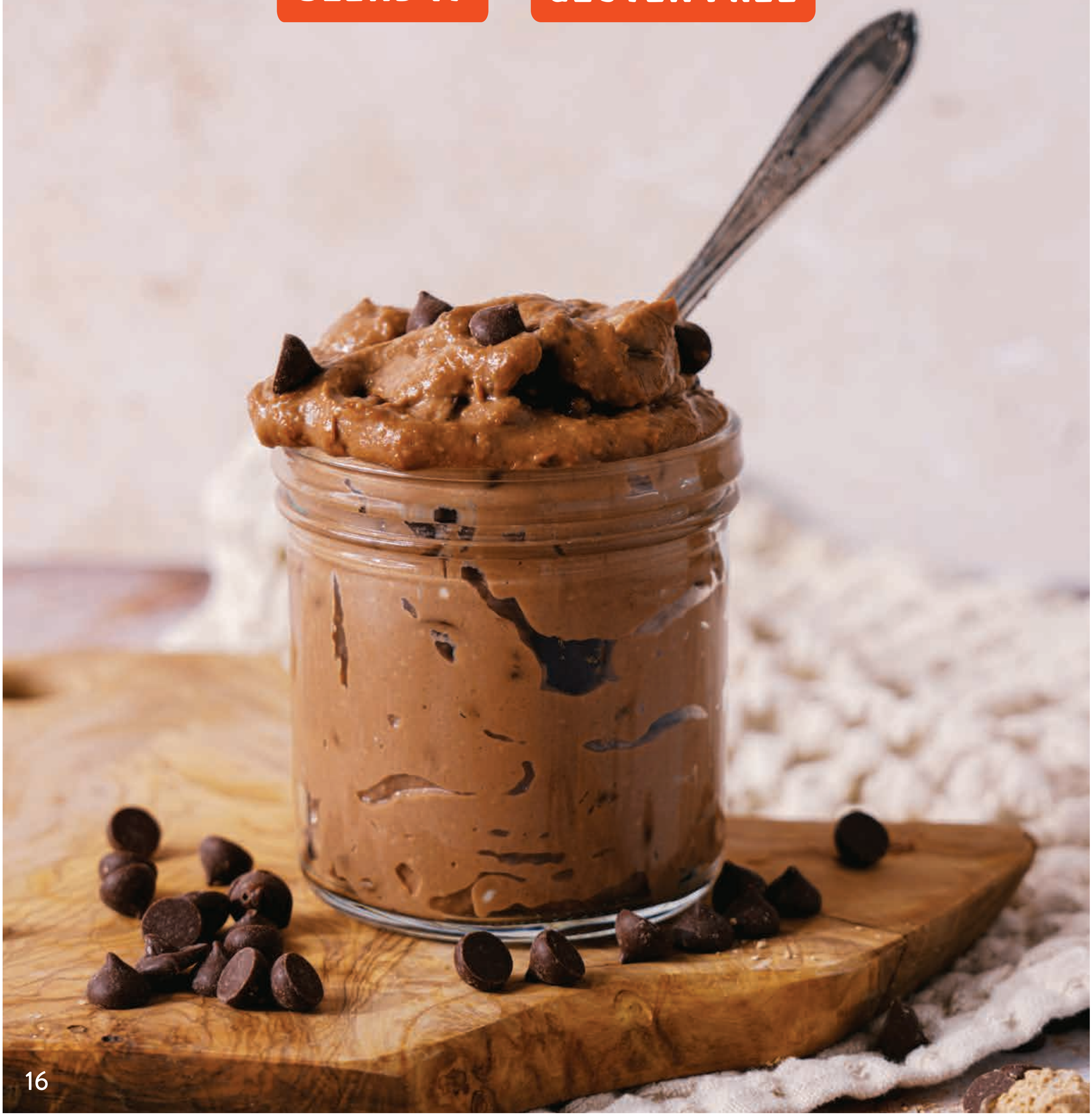


LEARN MORE

PBFIT PROTEIN
BROWNIE BATTER

BLEND IT

GLUTEN-FREE



PBFIT PROTEIN
BROWNIE BATTER

Total Time: 20 min | Servings: 2
Calories: 348 | Protein: 30g | Carbs: 34g | Fat: 10g | Fiber: 4g

INGREDIENTS

2 Tbsp **PBfit Cocoa**
1 tsp vanilla extract
1 1/2 scoops chocolate protein powder
2 Tbsp maple syrup
1/3 cup almond flour
2 Tbsp mini chocolate chips
1 cup cottage cheese
1 Tbsp cocoa powder
pinch of salt

DIRECTIONS

1. In a food processor add the cottage cheese, maple syrup, PBfit Cocoa, cocoa, chocolate protein powder, almond flour, salt and vanilla extract.

2. Blend until smooth. Scoop batter into a bowl. Fold in chocolate chips. Then top with additional chocolate chips if desired. Chill 10 to 15 minutes if desired.

3. Enjoy your PBfit Protein Brownie Batter!

LEARN MORE

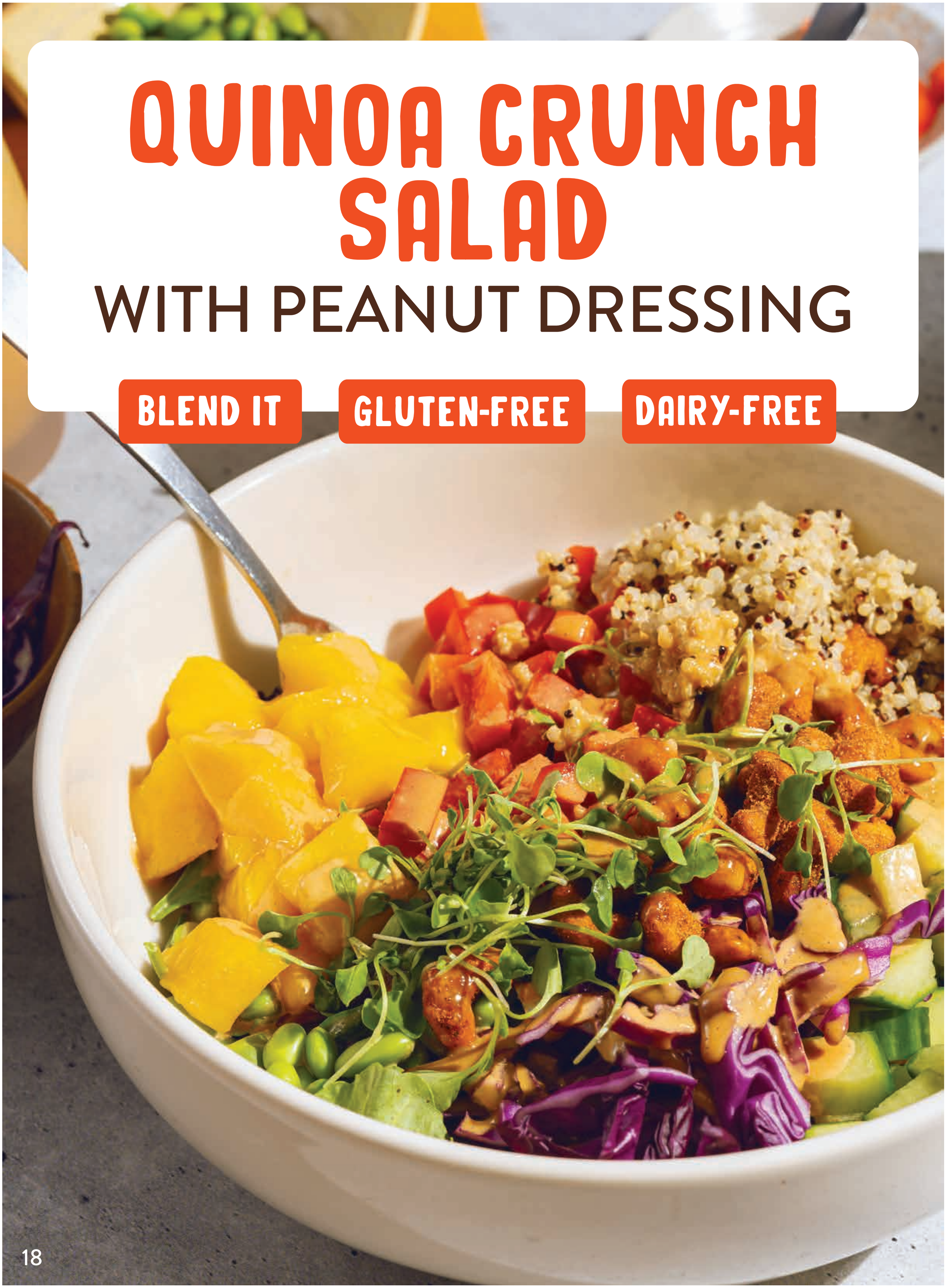
QUINOA CRUNCH SALAD

WITH PEANUT DRESSING

BLEND IT

GLUTEN-FREE

DAIRY-FREE



QUINOA CRUNCH SALAD

WITH PEANUT DRESSING

Total Time: 35 min | Servings: 6
Calories: 498 | Protein: 20g | Carbs: 53g | Fat: 23g | Fiber: 0g

INGREDIENTS

1 cup **PBfit Simply Peanut**
sliced almonds, peanuts, cashews, etc
1/3 cup coconut aminos
1 clove garlic
2 Tbsp honey
1 knob of fresh ginger, peeled
1 - 2 Tbsp chili paste
2 Tbsp avocado oil
half a head of purple cabbage, shredded
2 - 3 cups shelled edamame
2 cups quinoa, cooked
1/3 cup rice vinegar
1/4 cup water
1 cucumber, diced
1 - 2 bell peppers, diced
2 ripe mangoes, diced
2 Tbsp sesame oil

DIRECTIONS

1. Cook the quinoa and edamame according to package directions.

2. Veggies: Chop everything up.

3. Dressing: Add the PBfit Simply Peanut, coconut aminos, water, rice vinegar, sesame oil, avocado oil, chili paste, honey, garlic, and ginger to the food processor or blender and blend until smooth.

4. Enjoy your Quinoa Crunchy Salad with Peanut Dressing!



LEARN MORE

PEANUT BUTTER OATMEAL COOKIES

BLEND IT

GLUTEN-FREE



PEANUT BUTTER OATMEAL COOKIES

Total Time: 17 min | Servings: 12
Calories: 155 | Protein: 6g | Carbs: 22g | Fat: 5g | Fiber: 4g

INGREDIENTS

2 Tbsp **PBfit Peanut Butter Protein Spread**
8 Tbsp **PBfit Classic**
2-3 Tbsp mini chocolate chips
2 – 2 1/4 cups oats
1/2 cup unsweetened applesauce
3 Tbsp honey

DIRECTIONS

1. Combine dry ingredients: In a medium bowl, mix together the oats and PBfit powder.

2. Mix wet ingredients: In another bowl, stir together applesauce, honey, and PBfit Peanut Butter Protein Spread until well combined.

3. Combine wet and dry ingredients: Gradually add the wet ingredients to the oat mixture and stir until fully combined.

4. Adjust consistency: If needed, add oats slowly, and adjust the mixture by adding a tablespoon of water to achieve a moist batter.

5. Fold in chocolate chips: Gently fold chocolate chips into the batter.

6. Shape cookies: Scoop dough onto a parchment-lined baking sheet and gently press down to flatten each cookie.

7. Bake: Bake at 350°F for 11 minutes.

8. Enjoy your Peanut Butter Oatmeal Cookies!



LEARN MORE

PEANUT BUTTER MUFFINS

BAKE IT

PEANUT BUTTER MUFFINS

Total Time: 45 min | Servings: 18

Calories: 175 | Protein: 11g | Carbs: 18g | Fat: 5g | Fiber: 2g

INGREDIENTS

3/4 cup **PBfit Classic**
1 tsp baking soda
2 ripe large bananas mashed
1 tsp ground cinnamon
1 cup all purpose flour
2 tsp vanilla extract
1/2 cup whole milk
1/4 cup agave syrup
1 large egg
1/2 cup whole milk plain Greek yogurt
1 tsp baking powder
1/4 tsp salt
1/2 cup creamy peanut butter

DIRECTIONS

1. Preheat the oven to 425°F.

2. Line a 12-count muffin pan with muffin liners or spray with nonstick spray. Set aside.

3. In a medium bowl, mix the mashed bananas, agave syrup, yogurt, egg, milk, peanut butter and vanilla together until smooth.

4. In a large bowl, whisk together the flour, PBfit powder, cinnamon, baking soda, baking powder, and salt. Pour the wet ingredients into the dry ingredients and stir until just combined. Do not over-mix the batter or you will have tough muffins. Evenly distribute the batter between the muffin cups. (optional: use an ice cream scoop for easy portioning).

5. Bake for 5 minutes at 425°F.

6. Keep the muffins in the oven, reduce the oven temperature to 350° F and continue to bake for another 12 minutes or until a toothpick inserted in the center comes out clean.

7. Let cool and enjoy your Peanut Butter Muffins!



LEARN MORE

PB BANANA NUT
PROTEIN MUFFINS

BAKE IT

GLUTEN-FREE



PB BANANA NUT PROTEIN MUFFINS

Total Time: 30 min | Servings: 10

Calories: 147 | Protein: 10g | Carbs: 16g | Fat: 5g | Fiber: 3g

INGREDIENTS

1 cup **PBfit Peanut Flour Baking Blend**
1/2 cup chopped peanuts plus more for topping
2 tsp baking powder
1/2 cup vanilla protein powder
1/4 tsp salt
1/4 cup honey
2 eggs
1 cup banana puree
1 tsp vanilla extract

DIRECTIONS

1. Preheat the oven to 350°F.

2. Line a muffin tin with 10 liners and set aside. It helps to spray the liners with oil, as the protein powder can cause the batter to stick after baking.

3. In a large mixing bowl, whisk together all wet ingredients. Whisk in the dry ingredients, aside from the chocolate or nuts.

4. Fold in the nuts or chocolate chips. Scoop into the prepared tray, filling each liner about 3/4 of the way up. Bake for 18 - 24 minutes or until a toothpick comes out clean.

5. Remove from the oven and let cool completely before serving.

6. Enjoy your PB Banana Nut Protein Muffins!



LEARN MORE

PEANUT BUTTER
BAKED OATS

BAKE IT

GLUTEN-FREE



PEANUT BUTTER
BAKED OATS

Total Time: 25 min | Servings: 1
Calories: 510 | Protein: 16g | Carbs: 90g | Fat: 6g | Fiber: 10g

INGREDIENTS

Baked Oats:
1-3 Tbsp **PBfit Organic**
1 tsp vanilla extract
1/2 tsp ground cinnamon
1/4 tsp baking powder
1/2 banana
1 Tbsp dark chocolate chips
1/2 cup milk of choice
1/2 cup rolled oats
2 Tbsp maple syrup

PBfit Drizzle:
2 Tbsp **PBfit Organic**
2-3 Tbsp Water

DIRECTIONS

1. If baking, preheat the oven to 350°F.
2. In a blender, combine the oats, PBfit Organic, banana, maple syrup, vanilla, cinnamon, baking powder, and milk. Blend until smooth.
3. Pour the batter into an 8-ounce oven-safe ramekin, or baking pan.
4. Top with chocolate chips, if using.
5. OVEN METHOD: Bake in a preheated oven at 350°F for 19-21 minutes, or until set.
6. MICROWAVE METHOD: Microwave on high for 3 minutes, or until set.
7. To make PBfit Drizzle mix PBfit with water until you get a nice drizzle consistency. Drizzle with PBfit and a few sprinkles of chocolate chips if desired.
8. Enjoy your Peanut Butter Baked Oats!



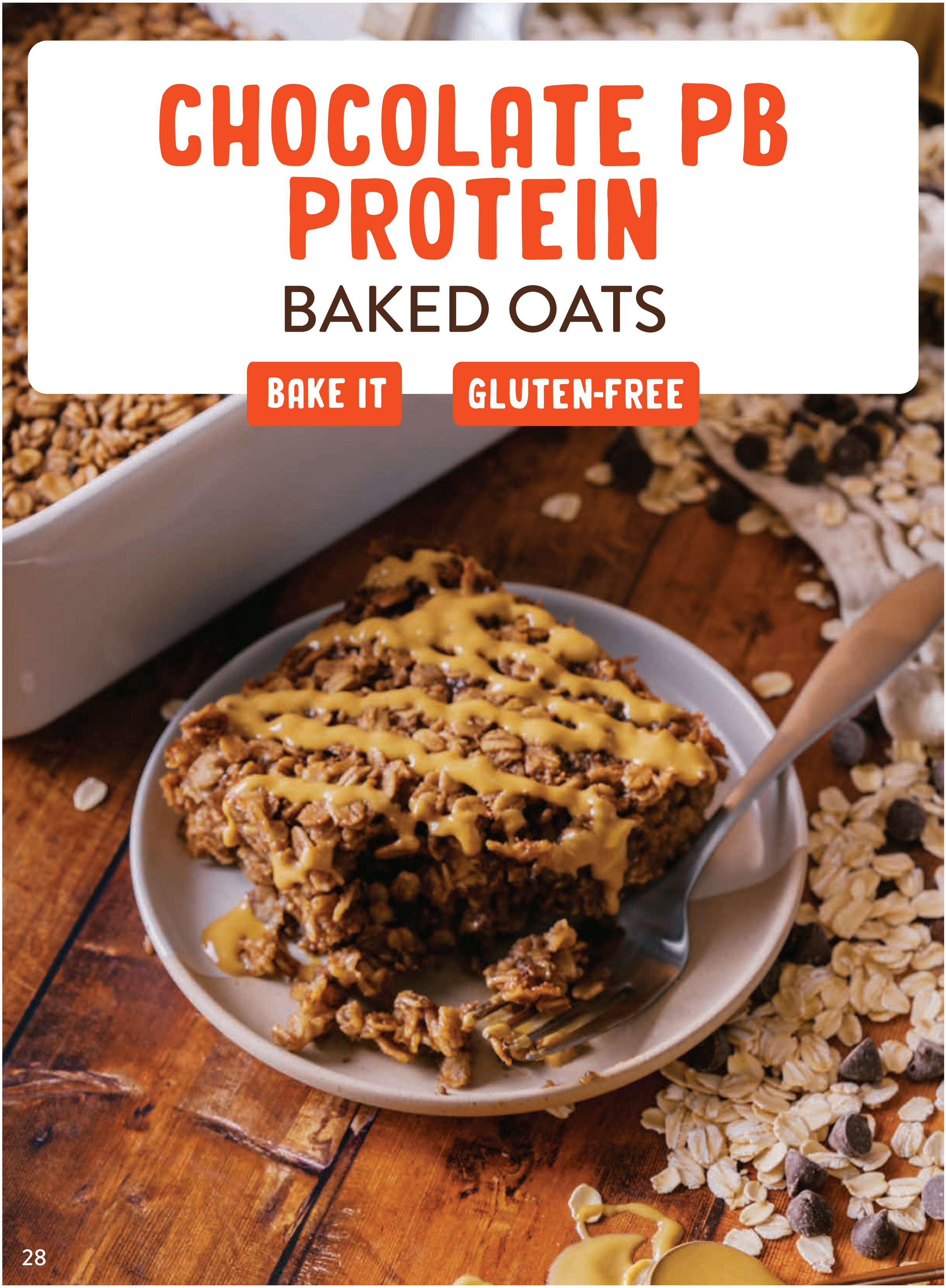
LEARN MORE

CHOCOLATE PB PROTEIN

BAKED OATS

BAKE IT

GLUTEN-FREE



CHOCOLATE PB PROTEIN

BAKED OATS

Total Time: 45 min | Servings: 4
Calories: 415 | Protein: 16g | Carbs: 54g | Fat: 24g | Fiber: 10g

INGREDIENTS

1/2 cup **PBfit Cocoa**
2 cups rolled oats
1 scoop chocolate protein powder
1 Tbsp cocoa powder
1 tsp baking powder
1/2 tsp salt
1 1/4 cup milk of choice
1/3 cup maple syrup
2 large eggs
3 Tbsp coconut oil, melted
2 tsp vanilla extract
1/2 cup chocolate chips (optional)

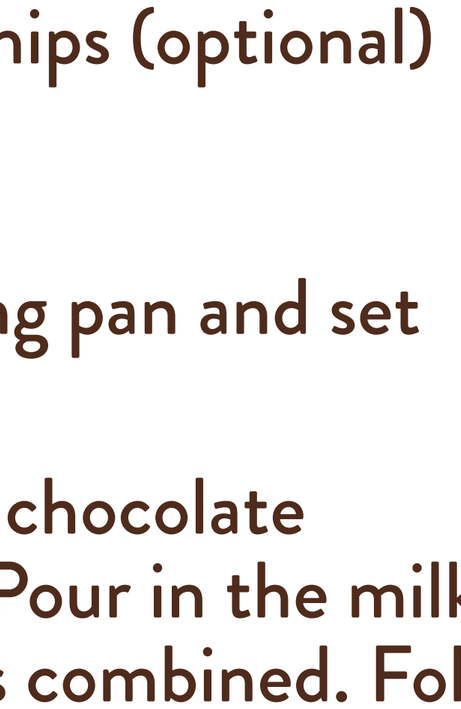
DIRECTIONS

1. Preheat the oven to 350°F. Lightly spray an 8x8 baking pan and set aside.

2. In a large bowl, whisk together the oats, PBfit Cocoa, chocolate protein powder, cocoa powder, baking powder, and salt. Pour in the milk, maple syrup, eggs, oil, and vanilla. Stir until everything is combined. Fold in chocolate chips if using.

3. Pour the oat mixture into the baking pan and bake for 30-40 minutes, or until the center is set. Allow the oats to cool in the pan for a few minutes before serving. Drizzle with PBfit Protein Blend Peanut Butter if desired.

4. Enjoy your Chocolate PB Protein Baked Oats!



LEARN MORE

PBFIT PANCAKES
WITH PBFIT SYRUP

BAKE IT

GLUTEN-FREE



PBFIT PANCAKES
WITH PBFIT SYRUP

Total Time: 15 min | Servings: 4

Calories: 194 | Protein: 16g | Carbs: 25g | Fat: 4g | Fiber: 4g

INGREDIENTS

Pancakes:

2 cups **PBfit Peanut Flour Baking Blend**
2 Tbsp sugar
2 eggs
1 1/2 to 2 cups milk of choice
1 Tbsp baking powder
1/4 tsp salt

PBfit Syrup:

6 Tbsp **PBfit Classic**
3 Tbsp water
1 Tbsp honey

DIRECTIONS

1. Heat a griddle or large skillet over medium-low heat. In a bowl, mix dry ingredients. Beat eggs into 1 1/2 cups milk and stir this mixture into dry ingredients, whisking until you have a smooth batter. If the batter seems thick, add a little more milk.

2. Place a teaspoon or two of oil on a griddle or skillet. When oil shimmers, ladle batter onto a griddle or skillet, making pancakes of any size you like.

3. Adjust heat as necessary; usually, the first batch will require higher heat than subsequent batches. Flip pancakes after bubbles rise to the surface and bottoms brown after 1 to 2 minutes. Cook until the second side is lightly browned. Serve or place on an ovenproof plate and bake for up to 15 minutes in a 200°F oven.

4. For the syrup add PBfit Classic, honey, and water in a mixing bowl and combine. If it's too thick for your liking just add more water. It should be thick like syrup.

5. Enjoy your PBfit Pancakes with PBfit Syrup!



LEARN MORE

PB CHOCOLATE CHIP BANANA BREAD MUFFINS

BAKE IT

GLUTEN-FREE



PB CHOCOLATE CHIP BANANA BREAD

MUFFINS

Total Time: 35 min | Servings: 12
Calories: 130 | Protein: 4g | Carbs: 26g | Fat: 2g | Fiber: 3g

INGREDIENTS

1 1/2 cups **PBfit Peanut Flour Baking Blend**
3 large bananas, mashed
1/3 cup avocado oil
1 egg
3/4 cup white sugar
1 tsp baking powder
1 tsp baking soda
1/2 cup chocolate chips
1/2 tsp salt

DIRECTIONS

1. Preheat the oven to 375° F. Grease a 12-cup muffin tin or line cups with paper liners. Sift flour, baking powder, baking soda, and salt together in a bowl; set aside.

2. Mix bananas, sugar, egg, and melted butter in a separate large bowl until well combined; mix in PBfit Peanut Flour Baking Blend until smooth. Add in chocolate chips and combine. Spoon batter into the prepared muffin cups, filling each 2/3 full.

3. Bake in the preheated oven until the tops spring back when lightly pressed, about 25 to 30 minutes. Cool briefly in the tin, then transfer to a wire rack to cool completely.

4. Enjoy your Peanut Butter Chocolate Chip Banana Bread Muffins!



LEARN MORE

NO BAKE
PROTEIN COOKIES

SPREAD IT

GLUTEN-FREE



NO BAKE
PROTEIN COOKIES

Total Time: 40 min | Servings: 10

Calories: 160 | Protein: 12g | Carbs: 12g | Fat: 9g | Fiber: 5g

INGREDIENTS

3/4 cup **PBfit Classic**
1/2 cup Fairlife whole milk
1/4 cup coconut oil
1 Tbsp vanilla extract
1 1/2 cup quick oats
pinch of salt
1 cup maple syrup
1 Tbsp cocoa powder
1/4 cup milk protein powder

DIRECTIONS

1. Line baking sheets with parchment paper.

2. In a medium bowl combine quick oats, PBfit, vanilla protein powder, and salt, stir to combine and set aside.

3. In a medium saucepan combine coconut oil, maple syrup, milk and cocoa powder. Set over medium heat and cook stirring frequently until it reaches a full boil. Allow mixture to boil for 3 minutes without stirring.

4. Lower heat to low and immediately add in vanilla extract and dry oat mixture. Stir mixture until well combined, cooking it another 20-30 seconds and continually stirring until oats soak up liquid. Using a medium cookie scoop or two spoons drop mixture onto lined baking sheets.

5. Allow the cookies to chill in the fridge for about 30 minutes or until set.

6. Enjoy your No-Bake Protein Cookies!



LEARN MORE

PEANUT BUTTER MOUSSE

SPREAD IT

GLUTEN-FREE



PEANUT BUTTER MOUSSE

Total Time: 10 min | Servings: 4
Calories: 161 | Protein: 25g | Carbs: 11g | Fat: 1g | Fiber: 2g

INGREDIENTS

3 Tbsp **PBfit Classic**
1/2 cup plain nonfat Greek yogurt
crushed peanuts for garnish
1/2 cup fresh berries and sliced bananas

DIRECTIONS

1. Stir in PBfit powder into yogurt.

2. Transfer the mousse to a piping bag. Pipe into serving dishes and top with crushed peanuts, berries, and sliced bananas.

3. Enjoy your Peanut Butter Mousse!



LEARN MORE

PEANUT BUTTER
PROTEIN BALLS

SPREAD IT

GLUTEN-FREE

PEANUT BUTTER PROTEIN BALLS

Total Time: 35 min | Servings: 11

Calories: 122 | Protein: 7g | Carbs: 14g | Fat: 3g | Fiber: 2g

INGREDIENTS

1 cup **PBfit Organic**
1/4 cup mini dark chocolate chips
2 scoops vanilla protein powder
1 Tbsp honey
1 1/4 cup rolled oats
1/2 cup water
3 Tbsp ground flaxseed

DIRECTIONS

1. In a medium-sized bowl add PBfit, flaxseed, protein powder, honey, and water and mix until smooth.

2. Add oats and chocolate chips. Stir until the mixture is all combined and forms a soft dough.

3. Scoop mixture into 10-12 balls and place on a baking sheet.

4. Place the baking sheet in the freezer for 30 minutes, remove and roll protein balls to make them round.

5. Store in the refrigerator.

6. Enjoy your Peanut Butter Protein Balls!



LEARN MORE

PEANUT BUTTER CHOCOLATE

OVERNIGHT OATS

SPREAD IT

GLUTEN-FREE



PEANUT BUTTER CHOCOLATE
OVERNIGHT OATS

Total Time: 4 hrs 30 min | Servings: 4
Calories: 379 | Protein: 13g | Carbs: 44g | Fat: 14g | Fiber: 7g

INGREDIENTS

1 1/4 cup **PBfit Protein Peanut Butter Spread**
1 1/2 cup old fashioned oats
1 tsp pure vanilla extract
4 Tbsp honey or agave
1/4 tsp sea salt
1 Tbsp chia seeds
2 Tbsp cacao powder
1 1/2 cups milk

DIRECTIONS

1. Whisk wet ingredients: In a large bowl, whisk together milk, honey, cacao powder, PBfit Protein Peanut Butter Spread blend, vanilla, and sea salt.

2. Add oats and chia seeds: Stir in oats and chia seeds until well combined.

3. Refrigerate: Cover the bowl and refrigerate for at least 4 hours or overnight.

4. Serve: After refrigeration, give the mixture a good stir. Serve with a drizzle of PBfit Protein Peanut Butter Spread and chopped chocolate or chocolate chips, if desired.

5. Store: Store in the refrigerator overnight.

6. The next day, enjoy your Peanut Butter Chocolate Overnight Oats topped with your favorite toppings!



LEARN MORE

PROTEIN PB
COOKIE DOUGH

SPREAD IT **GLUTEN-FREE**



PROTEIN PB
COOKIE DOUGH

Total Time: 5 min | Servings: 4
Calories: 299 | Protein: 16g | Carbs: 45g | Fat: 4g | Fiber: 4g

INGREDIENTS

1/2 cup **PBfit Classic**
1/3 cup of mini chocolate chips
1/4 cup milk approximately
1 Tbsp vanilla extract
1 scoop vanilla protein powder
1/4 tsp salt
1 1/2 cup rolled oats
1/4 cup honey or maple syrup

DIRECTIONS

1. Blend oats in a blend to make oat flour. In a medium bowl add oat flour, PBfit powder, protein powder, and a pinch of salt and stir to combine.

2. Add in vanilla extract, sweetener, and a couple of Tablespoons of milk to start. Stir until a dough forms adding more milk if needed.

3. Fold in chocolate chips and stir to combine. Keep Refrigerate.

4. Enjoy your Protein PB Cookie Dough!



LEARN MORE

PBFIT BUSTER

BAR

SPREAD IT

GLUTEN-FREE



PBFIT BUSTER BAR

Total Time: 50 min | Servings: 8

Calories: 265 | Protein: 15g | Carbs: 25g | Fat: 11g | Fiber: 3g

INGREDIENTS

1 cup **PBfit Classic**

1/4 cup **PBfit Protein Peanut Butter Spread**

1/4 cup chopped peanuts

1 cup dark chocolate chips

1 Tbsp coconut oil

4 cup vanilla Greek yogurt

Optional toppings: chopped peanuts, pinch of flaky sea salt

DIRECTIONS

1. Mix the yogurt and PBfit Classic in a mixing bowl until smooth.

2. Scoop 7-8 large dollops of the mixture onto a baking sheet lined with parchment paper and flatten them into a round shape.

3. Press a popsicle stick into each one and freeze for at least 30 minutes (but can be frozen overnight).

4. Top each one with PBfit Protein Peanut Butter Spread, and chopped peanuts. Melt the chocolate chips and coconut oil together in the microwave, mixing every 30 seconds for about 1–1.5 minutes.

5. Dip each bar into the chocolate and use a spoon to coat evenly. Place each bar back onto the baking sheet and top with a sprinkle of chopped peanuts and flaky salt (optional).

6. Freeze for another 15 minutes, then enjoy your PBfit Buster Bar!



LEARN MORE

PEANUT BUTTER BARS

SPREAD IT

GLUTEN-FREE



PEANUT BUTTER BARS

Total Time: 1 hr | Servings: 16
Calories: 141 | Protein: 4g | Carbs: 20g | Fat: 4g | Fiber: 2g

INGREDIENTS

1 cup **PBfit Classic**
3/4 cup honey
2 Tbsp coconut oil
pinch of salt
2 cups old-fashioned oats

Topping:
1 Tbsp coconut oil
1/4 cup **PBfit Classic**
1/2 cup chocolate chips
chopped roasted peanuts

DIRECTIONS

1. In the microwave gently heat the honey and coconut oil together.

2. In a medium bowl, combine PBfit powder, salt, and honey mixture. Stir till creamy. Stir in oats. Spread into a parchment lined 8x8 square pan; press lightly. In the microwave melt together the chocolate chips and coconut oil once melted, stir in PBfit powder and whisk until smooth. Pour over oats and sprinkle with peanuts and chill for 1 hour. Cut into squares and keep refrigerated.

3. Enjoy your Peanut Butter Bars!

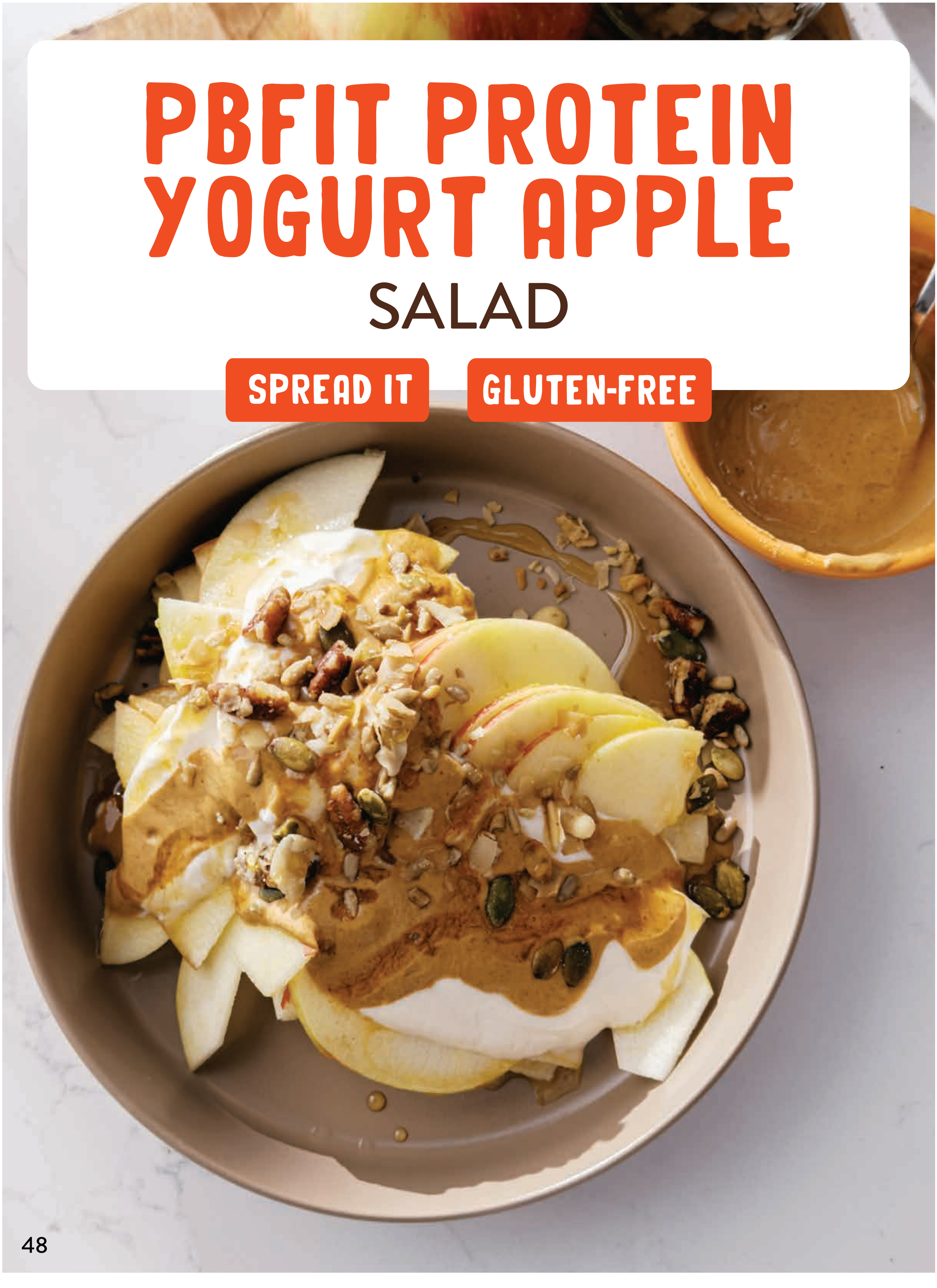


LEARN MORE

PBFIT PROTEIN YOGURT APPLE SALAD

SPREAD IT

GLUTEN-FREE



PBFIT PROTEIN YOGURT APPLE SALAD

Total Time: 5 min | Servings: 1
Calories: 451 | Protein: 5g | Carbs: 60g | Fat: 13g | Fiber: 11g

INGREDIENTS

3 Tbsp **PBfit Classic**
1 medium honey crisp apple
1/2 cup Greek yogurt (vanilla or plain)
2 Tbsp water
1/2 tsp ground cinnamon (optional)
sprinkle of low-carb granola (optional)
drizzle of honey or your favorite liquid sweetener

DIRECTIONS

1. Slice up your apple thin with a sharp knife. Put them in a large bowl or to-go container. In a small bowl combine PBfit and water together until you have a smooth spoonable peanut butter. Add the yogurt to the top of the apples followed by the PBfit mixture, sprinkle with cinnamon if desired.

2. Drizzle with honey and top with a handful of your favorite low-carb granola. Toss until everything is combined. This does not store well so eat it right away. You can store in an airtight container but be aware that it won't last more than a day.

3. Enjoy your PBfit Protein Yogurt Apple Salad!



LEARN MORE

PB BREAKFAST
SWEET POTATO

SPREAD IT

GLUTEN-FREE



PB BREAKFAST

SWEET POTATO

Total Time: 50 min | Servings:1

Calories: 349 | Protein: 22g | Carbs: 44g | Fat: 10g | Fiber: 10g

INGREDIENTS

2 Tbsp **PBfit Classic**
1 medium sweet potato, washed
1/4 cup Greek yogurt (plain or sweetened)
1/2 banana, sliced
1 Tbsp candied walnuts
2 Tbsp PBfit (mixed with 2 Tbsp water to make a drizzle)
sea salt - optional

DIRECTIONS

1. Preheat oven to 375°F. Line a medium baking sheet with parchment paper or foil. Use a fork to poke several holes in the sweet potato, then place on prepared baking sheet and roast sweet potato for 45 minutes - 1 hour or until fork tender. Remove from oven and allow to cool for 5-10 minutes.

2. Once ready to eat, split the warm sweet potato open with a knife and sprinkle with a tiny bit of sea salt. Next combine PBfit powder with Greek yogurt and blend until smooth, dollop onto warm sweet potato, add banana slices and finally drizzle with prepared PBfit drizzle and sprinkle with candied walnuts. Serve immediately.

3. Enjoy your PB Breakfast Sweet Potato!



LEARN MORE

THAI PEANUT
SAUCE

SPREAD IT

GLUTEN-FREE

DAIRY-FREE



THAI PEANUT SAUCE

Total Time: 5 min | Servings: 6
Calories: 130 | Protein: 8g | Carbs: 14g | Fat: 3g | Fiber: 3g

INGREDIENTS

1 cup **PBfit Simply Peanut**
1 Tbsp coconut aminos or soy sauce
1 lime, juiced
2 Tbsp hoisin sauce
1 Tbsp agave or honey
1/2 tsp toasted sesame oil (optional)
1/4 tsp garlic powder
2 Tbsp chile paste
1/3 cup water

DIRECTIONS

1. Blend all ingredients.

2. Enjoy as a dip for summer rolls or on noodles!

3.Enjoy your Thai Peanut Sauce!



LEARN MORE

SHOP NOW

Click on an item below to shop!



CLASSIC



ORGANIC



COCOA



BAKING BLEND

SIMPLY PEANUT

PROTEIN SPREAD