

Peanut Butter Chocolate Shake



Ingredients

1 cup low fat chocolate milk
1 frozen banana
2 tablespoons creamy peanut
butter

Directions

Blend until smooth. Serve as a quick
and healthy breakfast or snack.



For additional information & recipes

www.GaPeanuts.com

PBB&B Dogs



Ingredients

1 whole wheat hot dog bun, toasted
1 slightly ripe banana, peeled
1/4 cup chunky peanut butter
1/4 cup crisp bacon pieces

Directions

Toast bun, and spread peanut butter on one side. Sprinkle the crisp bacon pieces. Add banana, close bun and serve.



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