

CHAI PEANUT BUTTER

Adapted from Eating Well

Ingredients

- 1 cup smooth natural peanut butter
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground ginger
- ¼ teaspoon ground cardamom
- ¼ teaspoon ground cloves
- 1 teaspoon vanilla extract

Instructions

Stir peanut butter to incorporate separated oil. Add remaining ingredients and stir into peanut butter. Store refrigerated in an airtight container. Flavor will continue to develop over time (ideally allow one day for the flavors to deepen).

Yield: 1 cup



NUTRITION FACTS PER SERVING (2 tablespoons)

CALORIES: 190

PROTEIN: 8 grams

SODIUM: 130 milligrams

CARBOHYDRATE: 7 grams

FIBER: 3 grams

FAT: 16 grams

SATURATED FAT: 2 grams