

peanut butter puree



Tools

Mixing bowl, ladle

Ingredients

1 tablespoon of creamy natural peanut butter (no sugar) & 2 to 3 tablespoons of water & 1 teaspoon of blended fruit for taste

Method

Put peanut butter and water together in a bowl. Stir ingredients into a fluffy blend (colour and consistency should be uniform). Add more water until you get that desired yoghurt consistency and some fruit to sweeten blend.

Storage

Keep refrigerated in airtight containers for up to 3 days.