

Nutritious Peanut Butter and chia

A great way to increase fiber and protein intake is by adding seeds to your nut butter. For a quick version, take natural peanut butter and simply add the other ingredients to enhance the nutritional value of your peanut butter!



Preparation 10 min

Cooking 5 min

Servings 12

Nutrition Facts (per serving)

Calories 185 kcal

Fat 16 g

Carbohydrates 6 g

Fibre 4 g

Protein 8 g

Sodium 0 mg



Gabrielle Simard

Culinary Creator