



## TOP RECIPES USING PEANUT FLOUR

### **BASIC HOMEMADE PEANUT BUTTER**

#### INGREDIENTS:

- 1/4 cup peanut flour
- 1-2 tablespoon almond milk or other liquid (water, soy milk, etc.)
- 1/2 teaspoon sea salt (optional)
- dry roasted peanuts (optional)

#### DIRECTIONS:

Mix all ingredients together, creating creamy peanut butter. For crunchy peanut butter, add peanuts and mix. You can adjust consistency by adding more or less liquid or peanut flour.

### **PEANUT FLOUR “NUTELLA”**

#### INGREDIENTS:

- 1/4 cup peanut flour
- About 1-2 tablespoon almond milk or other liquid
- 1-2 teaspoons of cocoa, to taste
- 1 packet no calorie sweetener such as Stevia, to taste

#### DIRECTIONS:

Simply mix everything together. You can adjust consistency by adding more or less peanut flour or liquid.



## **PEANUT BUTTER AND CHOCOLATE TRUFFELS**

### **INGREDIENTS:**

- 1 tablespoon peanut butter
- ¼ cup peanut flour
- about 2 tablespoons almond milk or other liquid
- 1-2 packets no calorie sweetener such as Stevia, to taste
- 2 tablespoon unsweetened cocoa powder
- 2 tablespoons flaxseed

### **DIRECTIONS:**

Mix peanut butter, peanut flour, almond milk, sweetener, and 1 tablespoon of cocoa together until it has the consistency of cookie dough. You may want to add more almond milk or liquid depending on your preference. In separate bowl, add remaining cocoa powder and flaxseeds. Roll dough into small balls. Roll balls in the cocoa/flaxseed mixture, until completely coated. Chill for a few minutes to firm up, or eat immediately for softer truffles. Store in the refrigerator.

## **PEANUT DIPPING SAUCE**

### **INGREDIENTS:**

- ½ cup peanut flour
- ½ teaspoon grated ginger
- 1 – 2 small garlic cloves, minced
- 3 tablespoons Braggs Liquid Aminos
- 2 tablespoons balsamic vinegar



-1 packet no calorie sweetener, Stevia, to taste

**DIRECTIONS:**

Mix peanut butter, peanut flour, vinegar and Braggs together. Add water if needed to form a thin paste. Add remaining ingredients, stirring to break up any clumps. For a smoother sauce, place in food processor and mix well.

**PEANUT PROTEIN PANCAKES**

**INGREDIENTS:**

- 1/4 cup peanut flour
- 1/4 cup oat flour
- 1/4 teaspoon baking powder
- 1/2 cup almond milk
- 1 scoop vanilla protein powder
- 1 egg white
- 2 tablespoon non-fat Greek Yogurt or Non-fat cottage cheese

**DIRECTIONS:**

Simply add all ingredients and mix well. Heat skillet with non stick spray and pour batter to make a pancakes. Flip and cook other side.



## **BREAKFAST COCOA PEANUT BUTTER OATS**

### INGREDIENTS:

- 1 tablespoon cocoa powder
- 1 packet no calorie sweetener of your choice, Stevia, to taste.
- 1/4 cup peanut flour
- 1/2 cup rolled oats

### DIRECTIONS:

Add the oats, cocoa and peanut flour with 3/4 c. of water in a medium microwave safe dish until well combined. Microwave on high for 2.5-3 minutes. Stir and serve. OTHER OPTION: (for thicker oats) Heat up 2 cups of water over stovetop. Allow water to boil and then add oatmeal. Allow to cook and thicken for 25-30 minutes, on low. Add remaining ingredients and allow to simmer a few more minutes.

## **PEANUT BUTTER OATMEAL COOKIES**

### INGREDIENTS:

- 1 cup peanut flour
- 1/2 cup almond milk or liquid of your choice (adjust until preferred consistency)
- 1/2 cup oatmeal
- 1/2 cup baking Splenda
- 1 egg white
- 2 tablespoons unsweetened applesauce
- 1/2 teaspoon baking powder
- 1 teaspoon cinnamon (optional)



#### DIRECTIONS:

Preheat oven to 350. Mix ingredients in large bowl until completely incorporated. Spoon 1" balls into baking sheet and flatten slightly with fork. Bake 10-12 minutes, until golden brown.

#### **PEANUT BUTTER RICE BALLS**

#### INGREDIENTS:

- 1 cup peanut flour
- 2 cups puffed brown rice cereal
- 1/2 cup sugar free syrup
- 1 cup unsweetened almond milk

#### DIRECTIONS:

Prepare cookie sheet lined with wax paper and sprayed with Pam. Place all ingredients in a bowl and gently mix with spatula. Use hands to create small 1" balls. Place on wax paper, evenly spaced. Place in freezer for about 10-20 minutes, until completely settled and firm. (may take more or less time, depending on size of balls you prefer). Remove and enjoy! Store in Freezer for extra firm consistency or in refrigerator for softer consistency.