CONSCIOUS REWIRE

Evidence-Based Functional Nutrition

Peanut Butter Protein Spread

High-Energy Spread & Recovery Support

www.consciousrewire.com

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What This Supports

Supports calorie density and protein intake.

Why It Works

Nut butter, fats, and collagen provide energy and amino acids.

Ingredients

Peanut Butter Spread

Ingredients:

/2 cup fatso peanut butter

tbsp grass fed butter

scoop collagen protein

/4-1/2 cup almond flour

tsp (or to taste) each:

cinnamon, cayenne, ginger powder, salt

Directions

. Add all ingredients to a bowl and stir until combined

Best Use

Use sparingly with fruit, crackers, or vegetables.

Food Notes & Safety

Store cleanly to avoid contamination.

Storage & Reheating

Refrigerate up to one week.