

Recipe of the Month

Quick Healthy Snack

Peanut Butter Lover

Peanut Butter Lover Healthy Snack

(Compliments of local gym 'goer', Rollie)

- 1 - whole egg
- 2 - tablespoons of all natural peanut butter
- 1 - scoop of protein powder (chocolate, spearmint, vanilla)
Available at Rip'n Ronnies
- 1 - tablespoon of unsweetened applesauce

Mix all ingredients in a coffee mug. Microwave for 1 minute on high. Use a knife to pry out of mug divide into bite size snacks and enjoy!