Peanut Protein Smoothie

½ cup plain greek yogurt
½ cup milk
2 Tbsp dark or light peanut flour
1 tsp cocoa powder
1 frozen sliced banana

Blend and serve.

Purchase peanut flour online at www.byrdmill.com

This smoothie contains 20 grams of protein!
Creamy Peanut Sauce

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\begin{align*}
\frac{1}{4} \text{ cup light peanut flour} \\
\frac{1}{4} \text{ cup plain greek yogurt} \\
1 \text{ garlic clove, minced} \\
1 \text{ tsp sugar} \\
1 \text{ tsp soy sauce} \\
\frac{1}{4} \text{ tsp sesame oil} \\
\frac{1}{2} \text{ tsp ground ginger} \\
\frac{1}{4} \text{ cup hot water}
\end{align*}
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Combine all ingredients in a mixing bowl and whisk. Serve over steamed vegetables, tofu, grains or noodles.

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TRY ME IN A QUICK AND EASY PEANUT SAUCE.