

Peanut Butter Mousse

Ratio 2:1

Net CHO 0.5g/PRO 1/FAT 3.2/KCAL 35

57 servings – 8g portion

Ingredients

Peanut Butter, pure, all natural	160g
Heavy cream #1	135g
Heavy cream #2	160g
Monk fruit, pure	1g
Vanilla extract	1g



Equipment needed: gram scale, two bowls, hand mixer, rubber spatula

1. In a small bowl, add the peanut butter and heavy cream #1 stir together until it is fully mixed.
2. In another bowl, add heavy cream #2, Monk fruit, and vanilla. Whip to stiff peaks either by hand or with a hand mixture.
3. Fold in the peanut butter mixture into the whipped cream. Once fully mixed, use immediately or add to another container to store in the fridge.

Chocolate Peanut Butter Sandwich Cookies

Ratio 2:1

Net CHO 2/PRO 3.2/FAT 10.6/KCAL 105

Ingredients

Chocolate shortbread cookies	2 (8g each)
Peanut butter mousse	8g

1. Gather and weigh all ingredients.
2. Take one cookie and place on scale, zero scale then measure 8 g of mousse, sandwich the other cookie on top.
3. Let sit in refrigerator until serving or enjoy immediately.



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