



SERENE

PEANUT BUTTER CUPS



Ingredients

Peanuts
Oil (like coconut oil)
5-6 fresh dates (to sweeten)
Plant based milk (like coconut)
Oats
Bananas & mint

Recipe

1. Blend the peanuts with the oil until you have your homemade peanut butter (yes, it is that simple!) I prefer roasted peanuts for flavor.
2. Mix a handful of oats and half a hand of peanuts to a powder (this is your nut-based flour)
3. Cut up the dates into small pieces and cover with hot water (this is your homemade date jam)
4. Put all of it together and knead until a heavy paste.

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