



GLEANERS

# The Power of Peanut Butter

**Peanut Butter is packed with  
protein and healthy fats for  
energy!**

## 3 Ingredient PB

### Cookies

1 cup Peanut Butter  
1/2 cup sugar  
1 egg

Preheat oven to 350°F.  
Combine all ingredients.  
Roll into balls and press criss-  
cross with fork.  
Place on greased sheet and  
bake for 8-10 minutes.

## 4 Ingredient PB

### Energy Bites

1 & 1/2 cups rolled oats  
1/2 cup Peanut Butter  
1/3 cup maple syrup  
1/3 cup semi-sweet chocolate  
chips

Combine all ingredients.  
Roll into bite sized balls  
and refrigerate.