## **Peanut Butter**

## CREATE HEALTHY CHOICES



- Great source of a heart healthy protein.
- When paired with a carbohydrate, peanut butter keeps you full for long periods of time.
- Rich in minerals important for the heart.
- Use peanut butter in smoothies, as a veggie dip, in oatmeal, in homemade hummus, or in a salad.



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