

Easy Peanut Butter Sauce

THM-Friendly: FP

- 1 1/2 cups water
- 1/2 cup THM Pressed Peanut Flour
- 3/4 cup Gentle Sweet
- pinch of mineral salt
- splash of vanilla extract
- 1/8 tsp. gluccie

Add all ingredients (except the gluccie) to a saucepan and bring to a boil. Sprinkle in the gluccie and stir often. Simmer for 1-2 minutes.

Pour in silicone molds and freeze until hard.

Pop out of trays and store the "cubes" in the freezer in ziplock bags.

When you are ready for a serving, microwave 1-2 cubes for 20-30 seconds and enjoy!

You can also add them frozen to shakes or iced coffee.

If you don't want to freeze the sauce, you can store it in a jar for 3-4 days in the fridge.

enJOY!

