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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!**

The Ultimate Peanut Butter Sandwich: Chunky Peanut Butter Twisters

By News Canada

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1/2 cup Smooth peanut butter 125 mL

4 tbsp Maple syrup 60 mL

2 tbsp Each dried figs, dried apricots, 25 mL dried cranberries, chopped finely in food processor

1/4 cup Shredded sweetened coconut 50 mL

1/8 tsp Ground cinnamon 0.5 mL

3 10-inch soft whole-wheat tortillas 3

3 tbsp Finely chopped toasted 45 mL pecan pieces

– News Canada

Courtesy of Lydia Butler and The *Peanut Bureau of Canada.

*The Peanut Bureau of Canada is the Canadian information office of the American Peanut Council.

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By Donna Monday

Directions

Blend first 4 ingredients until smooth. Add peanut butter cups as you blend.

<http://www.1st-milkshake-n-smoothie-recipes.com>

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