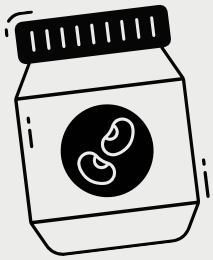
CREATIVE IDEAS FOR USING SOY NUT BUTTER

NO-PREP OR LOW-PREP:

- Spread onto bread, toast or Melba toast. Top with jam or jelly for a burst of flavour.
- Have children spread a little Soy nut butter on each bite of an apple using the back of a spoon. Delish!



GET INSPIRED:

- Mix Soy nut butter with yogurt to make a creamy dip for fruit. Serve with sliced apple, orange or banana, or individual grapes. Get inspired with this recipe*! (You can replace Greek yogurt with flavoured yogurt, and omit honey and cinnamon).
- Up your smoothie game by adding a little Soy nut butter for a richer flavour and an extra energy boost.
- Spread Soy nut butter on a tortilla, add sliced or grated apple, and roll. You rock!



Photo credit: EatThisMuch.com

*www.paperturn-view.com/fr/breakfastclub/livre-de-recette-du-club-des-petits-djeuner?pid=MTQ142880&p=65&v=5.1