

QUICK LUNCH WITH CRUNCH

This fast meal is actually perfect any time of day - especially if you're fighting a craving for sweets.



INGREDIENTS

- **75g Granola** (*I like Bare Naked Fruit & Nut Granola.*)
- **30g Peanut Butter**

INSTRUCTIONS

Mix ingredients, and dig in!

NUTRITION FACTS	Quantity/g	Protein	Carbs	Fats	Calories
GRANOLA (BEAR NAKED FRUIT & NUT)	75	7.5	42.6	17.4	357
PEANUT BUTTER	30	7.6	5.9	15.1	190
▶ TOTAL		15	48	33	547