

**Stuffed Dates**

Put basic mixture above inside of pitted dates. A good treat for kids with all natural complex sugars. You may eliminate honey as date is plenty sweet by itself. If too dry, add some lecithin\* (our *Phosphatidyl Choline*) and a little warm water to the protein and peanut butter.

**Enriched Peanut Butter (or almond or cashew or sunflower butter)**

Add soy/whey protein powder and lecithin capsules (3 lecithin (PC) to every scoop of protein) to peanut butter before spreading on toast, bagels, or English Muffins.