**Breakfast for Elvis**

1. **Spread**
   - Spread peanut butter on 2 slices of bread. Slice banana and place on bread. Cover and make a sandwich.

2. **Beat**
   - Beat together 3/4 cup of milk, 2 eggs, and 1 tsp of vanilla extract.

3. **Dip**
   - Dip sandwiches and allow time to soak mixture in.

4. **Melt**
   - Melt butter in skillet and sauté until golden brown on each side.

5. **Drizzle**
   - Drizzle with maple syrup or dust with confectioners' sugar and serve warm.

Illustrator: Mariel Cartin
Website: marielcartin.com
**CHOCOLATE PEANUT BUTTER GRANOLA**

Preheat oven to 300°F. Mix dry ingredients. Press mixture onto a baking sheet and bake for 25-30 minutes. Let cool, break apart and enjoy!

**Ingredients:**
- One cup rolled oats
- 3 1/4 cups unsweetened coconut chips
- 1/2 cup salted peanuts
- One cup honey
- One quarter cup dark chocolate chunks
- 1/4 tsp sea salt
- 1/2 tsp vanilla extract
- One tsp ground flaxseed
- One tsp pure cocoa powder
- One tsp coconut oil

Illustrator:
Tara Langlois
Instagram:
@thingstaramakes
# March 2023 Calendar

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**Peanut Butter Banana Smoothie with Spinach!**

**Ingredients**
- 1/4 cup PB
- 2 ripe bananas
- 1 cup spinach
- 1/2 cup yogurt
- 1/4 cup milk
- 2 tbsp cacao nibs
- 1 tbsp PB granola
- 1 tsp chia seeds

**Blend and enjoy**

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Illustrator: Delight Grace
Instagram: @delightfullyve
Yummy Peanut Butter Pancakes

2 port

2 tbsp Peanut Butter
2 tbsp Oil
2 Eggs
1 dl Rye flakes
1 dl High Fibre Oatmeal

Peel the bananas

Use a blender to mix the bananas with all the ingredients until you have a smooth paste.

Heat up a frying pan & add the oil.

Fry the small pancakes medium heat.

Serve with: Fresh berries (and vanilla ice cream).

Illustrator: Anna Lindsten
Instagram: @annalindsten
PB DOG TREATS!

EASY & DELICIOUS
(OR SO THEY TELL ME)

1/2 CUP CREAMY PEANUT BUTTER
ONE CUP WHOLE WHEAT FLOUR
1/4 CUP APPLESAUCE (OR PUMPKIN)
1/4 CUP BROTH (OR WATER)

PREHEAT OVEN TO 350°
COMBINE ALL INGREDIENTS.
THE DOUGH WILL BE FAIRLY DENSE.
ROLL TO 1/4 INCH THICK AND CUT
WITH YOUR FAVORITE COOKIE CUTTER.
BAKE FOR 17-20 MINUTES - LET COOL
OFFER THEM TO THE PUPS!
Chocolate Peanut Butter Nice Cream

Combine cocoa, peanut butter, bananas, and milk in a food processor. Process until smooth. Pour into a loaf pan and freeze for about an hour. Scoop and serve.
FROZEN PEANUT BUTTER BANANA CHOCO TREATS

1. Slice one banana

2. Freeze slices on plate over night.

3. Melt 1 T coconut oil
   2 T peanut butter
   1 T cocoa powder
   Stevia to taste

4. Dip frozen banana slices in mixture to coat.

5. Let set and harden.

6. Eat!
GAME NIGHT

RULES of PLAY...
Combine:
1 c. melted butter
1 c. peanut butter
1 tsp. vanilla
3 1/2 - 4 c. 10x sugar
1 1/2 c. flaked, sweet coconut
1 1/2 c. chopped pecans
Shape into balls. Chill.
Melt 12 oz. chocolate chips.
Dip chilled peanut butter balls into chocolate & set on wax paper.
Sprinkle with sea salt. Chill.

PEANUT BUTTER BITES
**Ingridents**

- 2 carrots, peeled and grated
- 1 Tbsp vegetable oil, divided
- 2 Tbsp grated, fresh ginger
- 3 cloves minced garlic
- 1 tsp chicken or vegetable broth
- 1/2 c peanut butter
- 1/4 c soy sauce
- 3 Tbsp rice wine vinegar
- 1 Tbsp chili garlic sauce
- 2 c red bell pepper strips
- 1 lb snow peas, trimmed
- 1 lb hot, cooked linguine
- 1/2 c chopped fresh cilantro

**Instructions**

Heat 1 tsp oil in a small saucepan over medium heat. Add ginger and garlic; sauté 30 seconds. Add broth and next 4 ingredients. Stir until well blended. Reduce heat and simmer 7 minutes, stirring occasionally. Remove from heat and keep warm. Heat 2 tsp oil over medium-high heat. Add peppers and peas and sauté until tender. Combine with carrots and peanut butter mixture and linguine. Toss with fresh cilantro.

*Illustrator: Mitzie Testani*  
*Website: mitziehani.com*
PB & BANANA OATMEAL MUFFIN IN A MUG

1 TBSP PEANUT BUTTER  1 TBSP GROUND FLAXSEED
1/2 C. OLD-FASHIONED OATS  1 TBSP. CHOPPED WALNUTS
1/2 BANANA, CHOPPED  1 EGG

1. Spray mug with non-stick cooking spray.
2. Add peanut butter, microwave for 10 seconds.
3. Add in rest of ingredients and stir.
4. Microwave for 2 minutes.

Illustrator:
Heather Powers
Website:
heatherpowersillustration.com
Creamy peanut butter cocktail:

1. First, dissolve 3 tablespoons of peanut butter in 2 oz of rum.
2. Then add 2 oz of light cream and ice cubes.
3. Shake well and strain into a chilled glass.