MAMA SuperBar

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| --- | --- | --- | --- | --- |
| **Ingredients** | **Wgt in lb** | **Wgt in Kg** | **Volume in level 8 oz, 240 cc cups** | **Volume cc- Level measure** |
| Peanut butter | 5 | 2.26 | 9 |  |
| Nonfat Dried skim milk- Instant |  |  | 4 | 960 |
| Molasses |  |  | 4 | 960 |
| **MAMA Macro Blend** |  |  | 1/4 | 60 |
| **MICROMIX** |  |  | "1/24" | 10  |
| **Instructions:** |
| Measure the Nonfat dried milk into a bowl |  |  |  |  |
| Add **MAMA Macro Blend** & **MICROMIX** to the Nonfat dried milk |  |  |  |  |
| Measure the Peanut butter into a large bowl. Be sure that the oil is fully blended in before measuringMeasure the molasses & Mix with peanut butter |  |  |  |  |
| To the wet mixture, add the dry ingredients and mix again |  |  |  |  |
| Scoop 1/3 level cup the mixture, transfer to packing funnel, and press into the into the designated ziplock bag.  |  |  |  |  |
| Close and shape into bar.  |  |  |  |  |

Nutritional Supplement Containing Peanuts, Molasses, and Milk, Fortified

**MICROMIX:**  All 21 Essential Micronutrients and **MAMA Macro Blend** : Macronutrients: Calcium, Phosphorus, Potassium, Magnesium, & Sulfur

Peanut Butter is made from roasted peanuts without added salt, sugar or other ingredients.

Each bar contains 544 calories and weighs 95 grams PB May 2019