



MAMA SuperBar

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
MICROMLX			"1/24"	10
Instructions:				
Measure the Nonfat dried milk into a bowl				
Add MAMA Macro Blend & MICROMLX to the Nonfat dried milk				
Measure the Peanut butter into a large bowl. Be sure that the oil is fully blended in before measuring Measure 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

MICROMLX: 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