

2B PB&J

(MAKES 1 SERVING)

TOTAL TIME: 10 MIN.
 PREP TIME: 5 MIN.
 COOKING TIME: 5 MIN.



FOR JAM:

- 2 cups / 330 g** chopped fresh (or frozen) strawberries
- ¼ cup / 50 g** chia seeds
- 3 Tbsp.** water
- 10 drops** liquid stevia (optional)

FOR PB:

- ¼ cup / 25 g** powdered peanut butter
- 1–2 Tbsp.** water
- 1 serving** High-Protein Whole Wheat Bagels (searchable on Beachbody On Demand)

1. Add strawberries, chia seeds, water, and stevia (if desired) to a small saucepot over medium heat.
2. Bring to a gentle boil; mash. Gently boil, mashing occasionally, for 5 minutes, or until reduced and thickened. Let cool slightly.
3. While strawberries cool, slice High-Protein Whole Wheat Bagel in half; toast.
4. Add peanut butter powder to a small mixing bowl; add 1 Tbsp. of water. Whisk to combine. Add additional water until desired consistency is reached. Spread on 1 half of bagel.
5. Spread ¼ cup (95 g) jam on remaining half of bagel. Enjoy!

Tips:

- The jam recipe makes 8 servings (approximately ¼ cup [95 g] each). Refrigerate the remaining 7 servings in an airtight container for up to 1 week.
- To make this a lunch, pair with a veggie side of at least 2 cups (140 g).

Recipes containing the icon are Fantastic Fiber recipes containing at least 6g of fiber per serving.

Recipes containing the icon are designed to be made in less than 15 minutes and require little to no cooking.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.



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