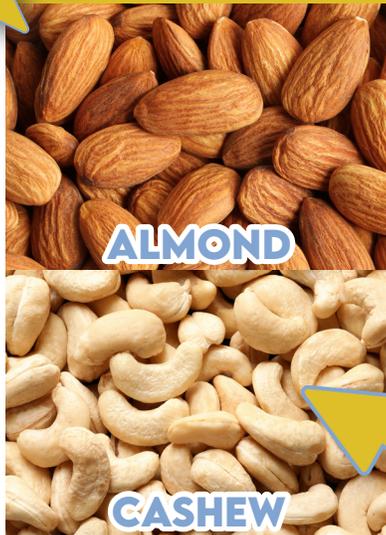


PEANUT BUTTER SUBSTITUTIONS

IF YOU HAVE A PEANUT ALLERGY, YOU HAVE OPTIONS!!

THERE IS NO PERFECT SWAP FOR PEANUT BUTTER, BUT MANY GET CLOSE, BUT MAKE SURE TO READ YOUR LABELS BECAUSE THE OPTIONS ARE COMMON ALLERGENS AS WELL!



ALMOND

CASHEW

PEANUTS ARE LEGUMES, NOT NUTS! IF YOU HAVE A PEANUT ALLERGY, BUT CAN EAT TREE NUTS, YOU CAN FIND ALMOND AND CASHEW BUTTERS

IF YOU CAN'T HAVE ANY NUTS, YOU CAN TRY SUNFLOWER OR SOY OPTIONS*



SUNFLOWER

SOY NUT BUTTER



TAHINI

IF YOU ARE NOT ALLERGIC TO SESAME, TRY A THICK TAHINI (SESAME SEED PASTE)*

*JUST DON'T REPLACE ONE ALLERGEN FOR ANOTHER!