

---

## Old Fashioned Girl Alcott Louisa

**peanut butter blender bread recipe - hungry-girl** - prep: 10 minutes peanut butter blender bread 1/8th of recipe (1 slice): 168 calories, 7.5g total fat (1g sat fat), 245mg sodium, 22g carbs, 3.5g fiber, 1.5g **apple**  
**cinnamon blender muffins recipe - hungry girl** - prep: 15 minutes apple cinnamon blender muffins 1/12th of recipe (1 muffin): 77 calories, 1g total fat (