



HEALTHY WAYS PEANUT BUTTER



Tips!

- Stir a spoonful into your oatmeal. Top with bananas, apples, cinnamon or raisins!
- Blend a tablespoon into your smoothie for a creamy protein boost!
- Melt a spoonful into your stir-fry for a silky and flavorful sauce.
- Spread onto whole wheat toast and top with banana for an easy and delicious breakfast.
- Use as a dip with sliced apple as a quick and delightful snack.

RECIPES

Peanut Butter Energy Bites

Ingredients:

1 3/4 cup oats
1/3 cup honey or maple syrup

3/4 cup peanut butter
1/2 cup raisins

Directions:

1. In a medium bowl, stir together all the ingredients.
2. If the dough is sticky, refrigerate for 2-3 hours or pop it in the freezer for 30 minutes to firm it up.
3. Form the dough into about 24 tablespoon-sized balls and refrigerate for about an hour before enjoying.

Chicken Lettuce Wrap with Peanut Sauce

Ingredients:

2 (5oz) can chicken, in water
3 tbsp peanut butter
2 tbsp vinegar
Iceberg lettuce

1 (15oz) can of mandarin oranges, in water or juice
1 tbsp low sodium soy sauce
2 tbsp warm water
2 cups cooked brown rice (for service)

Directions:

1. In a bowl, whisk together peanut butter, soy sauce, vinegar, and water.
2. Drain canned chicken and mix into the peanut sauce.
3. Tear off a leaf of lettuce and fill with peanut butter chicken.
4. Top with mandarin oranges. Serve with brown rice.

Hummus

Ingredients:

1 clove garlic
1/3 cup warm water
3 tbsp lemon juice
1/4 tsp salt

1 (15oz) can chickpeas or white beans, drained & rinsed
4 tbsp peanut butter
2 tbsp oil (such as canola or olive oil)
1/2 tsp cumin or paprika (optional)

Directions:

1. Peel and mince garlic clove.
2. In a blender, add garlic, chickpeas, water, peanut butter, lemon juice, oil and salt. Blend until smooth.
3. Transfer dip to medium bowl for serving. Serve with whole wheat pita and cut vegetables for dipping.
4. Use as a dip with fresh veggies or whole wheat crackers!

Banana Peanut Butter Ice Cream

Ingredients:

4 large ripe frozen bananas

2 tbsp peanut butter

Directions:

1. TIP: Peel and slice bananas before freezing. Freeze for at least 2 hours.
2. Place the bananas in a food processor or blender. Puree banana slices. Puree until mixture is creamy and soft, scraping sides as needed. Add peanut butter and puree. Serve immediately for soft serve consistency, or put in freezer for a few hours for harder ice cream.



MAKE IT A MEAL: RECIPES



Asian Noodles with Peanut Butter Sauce

Ingredients:

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| 1 (16oz) package whole wheat pasta | 1/2 cup peanut butter |
| 1/2 cup warm water | 1/4 cup low sodium soy sauce |
| 2 tbsp vinegar | 4 tsp sugar |
| 1 (10oz) bag frozen vegetable OR | 2 tsp red pepper flakes (optional) |
| 1 (15oz) can of vegetables, drained & rinsed | |

Directions:

1. Cook pasta using package directions. Make sauce and veggies while pasta cooks.
2. In a medium bowl, combine peanut butter and warm water. Stir into a smooth, thin sauce.
3. Add soy sauce, vinegar, and sugar. Mix until sugar dissolves. If using, stir in red pepper flakes.
4. In a microwave-safe bowl, add thawed, frozen, or drained canned veggies and 1/2 cup water. Steam in microwave until veggies are fork tender. Drain any excess water.

Peanut Butter Kale Salad

Ingredients:

For the salad:

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| 1 bunch of kale, stems removed (8 cups chopped) | 1 (15oz) can chickpeas, drained & rinsed |
| 2 carrots, grated or cut into thin slices | 1/4 cup red onion, diced |

For the dressing:

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| 3 tbsp smooth peanut butter | 1 garlic clove, minced (or 1/2 tsp garlic powder) |
| 2 tbsp warm water | 1/4 tsp salt |
| 2 tbsp low sodium soy sauce | 1 tsp crushed red pepper flakes (optional) |

Directions:

1. Toss the kale, onion, and carrots together in a medium bowl.
2. In a small bowl, combine all ingredients for the dressing and whisk together until smooth.
3. Pour half the dressing over the kale and massage the dressing in using your hands; this step will help soften the kale and take away any bitterness in the leaves. Do not massage if using spinach.
4. Add chickpeas into the salad. Pour the remainder of the dressing and stir to combine.

African Peanut Stew

Ingredients:

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| 1 tbsp cooking oil | 1 medium onion, diced |
| 2 cloves garlic, minced (or 1 tsp garlic powder) | 1 jalapeno, seeded and diced (optional) |
| 1 bell pepper, diced | 1 sweet potato, chopped in 1/2 inch pieces |
| 1 (15oz) can diced tomatoes, with the juice | 1/4 cup peanut butter |
| 2 cups chicken stock, vegetable broth, or water | 1 1/2 tsp chili powder or curry powder |
| 1 (15oz) can of beans (any you prefer), drained & rinsed | 2 handfuls of fresh spinach |

Directions:

1. Heat oil in a large saucepan over medium heat. Add onions; cook until softened, about 5 minutes. Add garlic, bell pepper, jalapeno and chili powder/curry to the pan. Cook while stirring constantly, 1-2 minutes.
2. Add sweet potato and canned tomatoes with juices. Add 1 cup stock, broth, or water. Raise heat to medium-high and bring to a boil. Stir occasionally.
3. In a medium bowl, whisk together peanut butter with 1 cup broth/stock/water. Stir into saucepan.
4. Cover pan and reduce heat to medium low. Cook for 15-25 minutes, or until sweet potato is tender. Stir in canned beans and spinach and cook until spinach is wilted.
5. Serve over brown rice!