



Healthy Ways to Eat Peanut Butter



Vary your protein routine

1. Stir a spoonful into your oatmeal. Top with bananas, apples, cinnamon or raisins!
2. Blend a tablespoon into your smoothie for a creamy protein boost!
3. Melt a spoonful into your stir-fry for a silky and flavorful sauce.
4. Spread onto whole wheat toast and top with banana for an easy and delicious breakfast.
5. Use as a dip with sliced apple as a quick and delightful snack.
6. Make Peanut Butter Energy Bites. Enjoy for breakfast or an on-the-go snack!

Ingredients:

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| 1 3/4 cup oats | 3/4 cup peanut butter |
| 1/3 cup honey or maple syrup | 1/2 cup raisins |

Directions:

1. In a medium mixing 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.

7. Make your own Chicken Lettuce Wraps with Peanut Sauce. No cooking necessary!

Ingredients:

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| 2 (5-oz.) cans of chicken, in water | 1 (15 oz.) can of mandarin oranges, in water or juice |
| 3 Tablespoons peanut butter | 1 Tablespoon low sodium soy sauce |
| 2 Tablespoons vinegar | 2 Tablespoons warm water |
| Iceberg lettuce | 2 cups cooked brown rice (for serving) |

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.

8. Make Hummus*. Use as a dip with fresh veggies or whole wheat crackers!

Ingredients:

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| 1 clove garlic | 1 (15-oz.) can chickpeas or white beans, drained & rinsed |
| 1/3 cup warm water | 4 Tablespoons peanut butter |
| 3 Tablespoons lemon juice | 2 Tablespoons oil (such as canola or olive oil) |
| 1/4 teaspoon salt | 1/2 teaspoon 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.

9. Make Asian Noodles with Peanut Butter Sauce*. Try with frozen broccoli or canned carrots!

Ingredients:

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| 1 (16-oz.) package whole wheat pasta | 1/2 cup peanut butter |
| 1/2 cup warm water | 1/4 cup low sodium soy sauce |
| 2 Tablespoons vinegar | 4 teaspoons sugar |
| 1 (10-oz.) bag frozen vegetables OR | 2 teaspoons red pepper flakes (optional) |
| 1 (15-oz.) 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 ½ cup water. Steam in microwave until veggies are fork tender. Drain any excess water.
5. Pour peanut sauce and steamed veggies over cooked, drained pasta. Toss to combine. Serve warm or cold.

10. Make Peanut Butter Kale Salad. Use spinach instead of kale if you prefer.**Ingredients:***For the salad:*

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| 1 bunch of kale, stems removed (8 cups chopped) | 1 (15-oz.) can chickpeas, drained & rinsed |
| 2 carrots, grated or cut into thin slices | ¼ cup red onion, diced |

For the dressing:

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| 3 Tablespoons smooth peanut butter | 1 garlic clove, minced (or 1/8 tsp garlic powder) |
| 2 Tablespoons warm water | ¼ teaspoon salt |
| 2 Tablespoons low sodium soy sauce | 1 teaspoon 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 to the salad. Pour the remainder of the dressing and stir to combine.

11. Make a creamy & flavorful African Peanut Stew. Serve over brown rice!**Ingredients:**

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| 1 Tablespoon cooking oil | 1 medium onion, diced |
| 2 cloves garlic, minced (or 1 teaspoon garlic powder) | 1 jalapeno, seeded and diced (optional) |
| 1 bell pepper, diced | 1 sweet potato, chopped in ½-inch pieces |
| 1 (15-oz.) can diced tomatoes, with their juices | ¼ cup peanut butter |
| 2 cups chicken stock, vegetable broth or water | 1 ½ teaspoons chili powder or curry powder |
| 1 (15-oz.) can of beans (chickpeas, kidney, or white) drained & rinsed | 2 handfuls of fresh spinach or ½ cup canned spinach |
| | ½ teaspoon salt |

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 of stock, broth or water. Raise heat to medium-high and bring to a boil. Stirring 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.

12. Make Banana Peanut Butter Ice Cream. Dairy-free and no ice cream maker needed!**Ingredients:**

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| 4 large ripe bananas | 2 Tablespoons peanut butter |
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Directions:

1. Peel bananas and slice into ½ inch discs. Arrange banana slices in a single layer on a large plate or baking sheet. Freeze for 1-2 hours.
2. Place the banana slices in a food processor or blender. Puree banana slices, scraping down the bowl as needed. Puree until the mixture is creamy and smooth. Add the peanut butter and puree to combine. Serve immediately for soft-serve ice cream consistency. If you prefer harder ice cream, place in the freezer for a few hours and then serve.

