



# Peanut Butter

Peanut butter is a good source of protein. Foods from the meat and beans group are a good source of protein. Protein is needed to build and repair cells.

## Nutrition Information

Peanut butter is part of the meat and beans group. Foods from the meat and beans group provide important nutrients like protein and iron.

Based on MyPyramid, 1 tablespoons of peanut butter provides 1 ounce from the meat and beans group.

A typical person should try to eat 5½ ounces of meat and beans every day.



## Storage

Store peanut butter with the lid on tight to make sure no air gets in. Peanut butter should always be stored away from heat and light.

Unopened peanut butter can be stored for up to 9 months without refrigeration.

After opening peanut butter, it can be stored without being refrigerated. Discard when peanut butter develops a rancid odor or flavor.

## Uses

- ✓ Spread peanut butter on toast for breakfast.
- ✓ Spread on celery sticks or between apple slices.
- ✓ Make a peanut butter sandwich, add sliced bananas or apples, cut up carrots, raisins, grated cheese or fruit jam for added nutrients.



**Know how. Know now.**



# Recipes and Tips

**Safety Tip for Parents:** Young children under the age of 3 have a difficult time chewing or swallowing peanut butter because it is sticky. They may enjoy the flavor of it when used in foods such as pancakes, muffins or puddings.



## Peanut Butter Cookies

36 servings

½ c. butter, softened	½ tsp. baking powder
½ c. peanut butter	1 egg
½ c. sugar	½ tsp. vanilla
½ c. brown sugar or ¼ c. honey	1¼ c. all-purpose flour sugar (optional)
½ tsp. baking soda	

1. In a large mixing bowl, beat butter and peanut butter with an electric mixer on medium to high speed for 30 seconds. Add sugar, brown sugar, baking soda, and baking powder. Beat until combined, scraping sides of bowl occasionally.
2. Beat in egg and vanilla until combined.
3. Beat in as much of the flour as you can with the mixer. Stir in any remaining flour by hand.
4. Cover and chill dough for 30 minutes or until easy to handle.
5. Preheat oven to 375°F.
6. Shape dough into 1-inch balls. Roll in additional sugar to coat, if desired. Place balls 2 inches apart on an ungreased baking sheet. Flatten by making crisscross marks with the prongs of a fork.
7. Bake for 7 to 9 minutes or until bottoms are lightly browned. Transfer to a wire rack and let cool.

**Nutrition Information per Serving:** Calories 80, Total Fat 4.5 g (7% DV), Saturated Fat 2 g (10% DV), Cholesterol 15 mg (5% DV), Sodium 45 mg (2% DV), Total Carbohydrate 10 g (3% DV), Dietary Fiber 0 g (0% DV), Sugars 6 g, Protein 2 g, Vitamin A 2%, Vitamin C 0%, Calcium 2%, Iron 2%.



## Raisin Bonbons

16 servings

1 c. raisins	1 T. honey
2 T. peanut butter	1 c. nuts, chopped

1. Rinse raisins in hot water and drain on paper towels. Chop into very small pieces with a knife.
2. In a small bowl, blend together raisins, peanut butter, and honey.
3. Form into 1-inch balls and roll in chopped nuts.

\* **NOTE:** Do **NOT** feed to small children as they are a choking hazard.

**Nutrition Information per Serving:** Calories 90, Total Fat 6 g (9% DV), Saturated Fat 0.5 g (3% DV), Cholesterol 0 mg (0% DV), Sodium 15 mg (1% DV), Total Carbohydrate 10 g (3% DV), Dietary Fiber 1 g (5% DV), Sugars 1 g, Protein 2 g, Vitamin A 0%, Vitamin C 0%, Calcium 2%, Iron 2%.

All recipes can be found in The Cook's Helper 2<sup>nd</sup> edition, University of Nebraska-Lincoln Extension, Nutrition Education Program  
Source: USDA <http://www.fns.usd.gov/fdd/facts/hhpfacts/hp-csfp.htm>