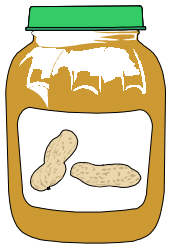


The Expanded Food and Nutrition Education Program



# Using Peanut Butter

to stretch your food dollars

Janie Burney  
Associate Professor  
Food, Nutrition and Health

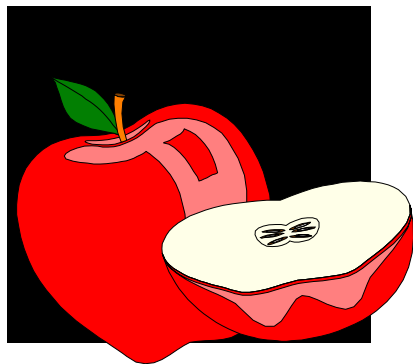
## Quick Tips

ways to use peanut butter

### Why eat peanut butter?

Peanut butter is an inexpensive protein food and a good source of folic acid and other vitamins.

Peanut butter can be eaten in place of meat for meals. Because peanut butter is a good energy food, it is a filling snack, especially for children.



### Peanut Butter Pudding

Add 1/4 cup peanut butter to 1 package (3 1/2 ounces) instant vanilla pudding. Make pudding according to package directions and beat in peanut butter using an electric or hand beater. Chill and serve.

Source: Purdue University  
Cooperative Extension Service

### Peanut Butter and Fruit

Spread peanut butter on apple, pear or banana slices.

### Stuffed Celery Sticks

Stuff celery with peanut butter. Top with raisins (optional).

### Peanut Butter Pancakes

Spread peanut butter on pancakes or waffles and top with syrup.

### Peanut Butter Milk

Blend 1 tablespoon honey and 2 tablespoons smooth peanut butter. Gradually stir into 1 cup cold milk.

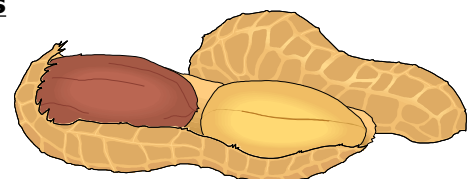
### Peanut Butter Chocolate Milk

Blend 1 tablespoon smooth peanut butter with 1 tablespoon chocolate syrup. Gradually add 1 cup cold milk, stirring to blend. (Try it hot or cold!)

## What about the fat in peanut butter?

Many of the calories in peanut butter do come from fat. But, compare the fat content of peanut butter to the fat content of other protein foods.

<u>Protein Food</u>	<u>Amount</u>	<u>Total Fat in Grams</u>
Peanut butter	2 tablespoons	16
Ground beef	3 ounces, cooked	18
Fried chicken	1 leg with skin	25



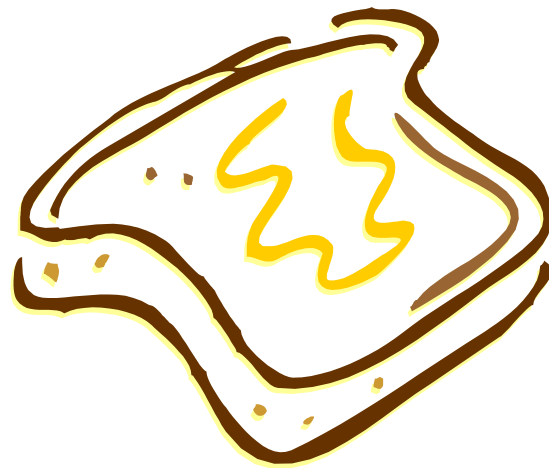
## Storing Peanut Butter

- **Keep unopened peanut butter in a cool, dry place or in the refrigerator. It should keep for nine to 12 months.**
- **Store it in a refrigerator and it will last longer.**
- **Opened containers should be covered in the refrigerator and used within one year.**
- **Do not freeze peanut butter.**

## Peanut Butter Bread

1 3/4 cups flour  
1 tablespoon baking powder  
1 teaspoon salt  
1/3 cup sugar  
1 cup peanut butter  
2 eggs  
1 1/4 cups skim or lowfat milk

Mix flour, baking powder, salt and sugar in a large bowl. Mix in peanut butter with a fork until mixture is crumbly. Set aside. Beat eggs slightly and add milk. Add milk mixture to flour mixture. Stir just enough to mix. Fill a greased loaf pan half full. Bake at 350° F about 1 hour.



**For more information on peanut butter,  
contact your county Extension office.**