

All of the recipes in this pamphlet are made with peanut butter, a food provided by the Colorado WIC Program.

**Source for facts and some recipes: www.peanutbutterlovers.com



COLORADO
Department of Public
Health & Environment

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Peanut Butter Recipes





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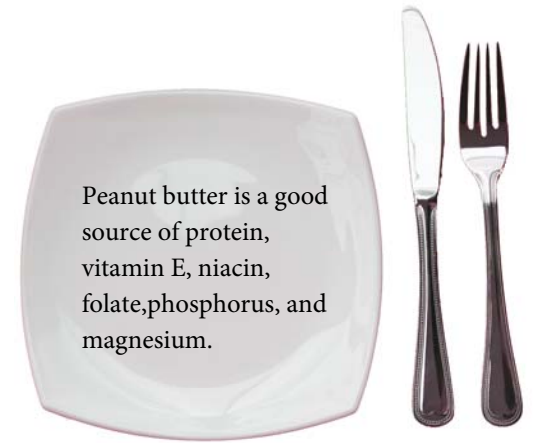
Snacks and Desserts

Peanut Butter Popcorn

- ½ cup sugar
- ½ tsp. vanilla
- ½ cup light corn syrup or honey
- 2 quarts popped popcorn
- ½ cup crunchy peanut butter

1. Combine sugar, syrup or honey and peanut butter in a sauce pan.
2. Heat to a rolling boil, stirring frequently.
3. Remove from heat and stir in vanilla.
4. Pour over popcorn, stirring to coat.

Makes 2 quarts.



Peanut butter is a good source of protein, vitamin E, niacin, folate, phosphorus, and magnesium.

Peanut Butter Pops

- 1 box (4-serving-size pkg.) vanilla pudding mix (not instant)
- 2-2/3 cups milk
- 2 Tbsp. peanut butter

1. Prepare pudding according to package direction using 2-2/3 cups milk.
2. Remove from heat and stir in peanut butter until melted.
3. Cool 5 minutes, stirring twice.
4. Pour into pan and freeze until ice crystals form around the edges of pan.
5. Turn into chilled bowl and beat until smooth. Pour mixture into 3-oz. paper cups and insert a wooden stick into each.
6. Freeze until mixture is firm.
7. To serve, peel off paper.

Makes 8 3-oz. servings.



Snacks and Desserts

Special K® Treats

- 1 cup Karo syrup
- 12 oz. jar of extra-crunchy peanut butter
- 1 cup sugar
- 5 cups Special K® (or similar) cereal
- 1 tsp. vanilla

1. Heat syrup and sugar to boiling and boil exactly 30 seconds.
 2. Add remaining ingredients and drop by spoonful onto waxed paper.
- Makes 40 treats.

Peanut Sticks

- 8 slices thin slice bread
- ½ cup peanut butter
- 1 cup dry WIC cereal flakes crunched into crumbs

1. Trim crust from bread and cut each slice into 3 or 4 finger-length pieces.
2. Dry in a 300o oven for 20 to 30 minutes. Do not let bread brown.
3. Meanwhile, soften peanut butter in microwave if necessary.
4. When bread is dry, spread all sides with peanut butter mixture.
5. Roll in cereal crumbs.

Makes 24 sticks.



Americans eat 3 pounds of peanut butter per person every year. That's about 700 million pounds, or enough to coat the floor of the Grand Canyon!



Beverages

P-Nutty Cocoa

- 1 cup prepared hot cocoa
- 1 Tbsp. creamy peanut butter

Stir peanut butter into hot cocoa and serve. Makes 1 serving.

Peanut Butter Banana Shake

- 1 cup milk
- 1 cup vanilla ice cream
- 1 medium banana, cut into 1-inch slices
- ½ cup creamy peanut butter

1. Combine all ingredients in a blender.
2. Cover and blend at medium speed until smooth and thick. Makes 3-4 servings.

Other Quick Ways to Use Peanut Butter

- Mix peanut butter with grated carrots as a spread.
- Dip apples or celery in peanut butter.
- Spread peanut butter on crackers.
- Stir into hot cereal.



Peanuts are not actually nuts at all! They are legumes, like beans and peas.





Breakfast

Peanut Butter French Toast

- ¼ cup peanut butter
- 8 slices of bread
- 2 eggs
- ½ cup milk
- Oil

1. Spread peanut butter on 4 slices of bread.
2. Put other slices of bread on top to make 4 sandwiches.
3. Mix eggs and milk.
4. Dip sandwiches in egg mixture.
5. Heat small amount of oil on a griddle or frying pan.
6. Brown both sides of sandwiches over low heat.
7. Serve with syrup.

Makes 4 servings.

Peanut Butter Porridge

- 1 serving hot cereal
- 1 Tbsp. peanut butter

1. Stir peanut butter into hot cereal.
 2. Serve with milk.
- Makes 1 serving.



As early as the 15th century, peanuts were eaten in Africa and China.



Snacks and Desserts

Classic Peanut Butter Cookies

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| 1 cup unsalted butter, softened | 1½ tsp. baking soda |
| 2½ cups flour | 1 cup light brown sugar, firmly packed |
| 1 cup crunchy peanut butter | ½ tsp. salt |
| 1 tsp. baking powder | 2 eggs |
| 1 cup granulated sugar | |

1. Cream together butter, peanut butter and sugars.
2. Beat in eggs.
3. In a separate bowl, sift together flour, baking powder, baking
4. soda, and salt.
5. Stir into batter. Refrigerate for 1 hour.
6. Roll into 1-inch balls and put on baking sheets.
7. Flatten each ball with a fork, making a criss-cross pattern.
8. Bake in a preheated 375° oven for about 10 minutes or until cookies begin to brown. Do not overbake.

Makes 4 dozen cookies.



It's Good for Your Kid Candy

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| 1 cup nonfat dry milk | 1 cup oatmeal |
| 1 cup peanut butter | 1 cup raisins |
| 1 cup light corn syrup | |

1. Place all ingredients in a large bowl and mix well.
2. Pat mixture into an 8 x 8-inch pan.
3. Chill and cut into small squares.

Makes about 16 servings.



Snacks and Desserts

Peanut Butter Custard

1 1/3 cups milk	2 eggs, beaten
3 Tbsp. honey	1/3 cup peanut butter
1/3 cup nonfat dry milk	

1. Warm the liquid milk.
 2. Stir in nonfat dry milk.
 3. Blend in peanut butter and honey, stirring until smooth.
 4. Mix in beaten eggs.
 5. Pour into 5 greased custard cups. Place cups in a pan of hot water. Bake 40-45 minutes at 325o or until a knife inserted in the center comes out clean
 6. Refrigerate and serve cold
- Makes 5 servings.

Peanut Butter-Banana Spirals

1/2 cup peanut butter	4 (8-inch) flour tortillas
2 ripe bananas, thin sliced	1 Tbsp. orange juice
1/3 cup vanilla yogurt	1/4 tsp ground cinnamon

(Kids love to help roll!! Any peanut butter “filling” will work)

- Combine peanut butter and yogurt, stirring until smooth. Drizzle juice over bananas, toss gently to coat.
- Spread about 3 Tbsp. peanut butter mixture over each tortilla, leaving a 1/2-inch border.
- Arrange about 1/3 cup banana slices in a single layer over peanut butter mixture, sprinkle with cinnamon.
- Roll up. Slice each roll into 6 pieces.

Makes 6 servings.



Breakfast

Easy Peanut Butter and Banana Waffles

2 frozen waffles, prepared
 2 Tbsp. peanut butter
 1 medium banana

1. Spread peanut butter on warm waffles.
 2. Top with sliced bananas.
- Makes 2 servings.





Breakfast

Peanut Butter Pancakes

- 1¼ cups flour
- 2 Tbsp. sugar
- 2½ tsp. baking powder
- ½ tsp. salt
- 1¼ cups milk
- 1 egg
- ¼ cup peanut butter

1. Combine flour, sugar, baking powder and salt.
2. Beat milk with egg and peanut butter until smooth.
3. Add to dry ingredients and beat just until well moistened.
4. Lightly oil hot griddle.
5. Spoon by ¼ cupfuls onto griddle.
6. Cook until golden brown on both sides.
7. Serve with syrup or applesauce.

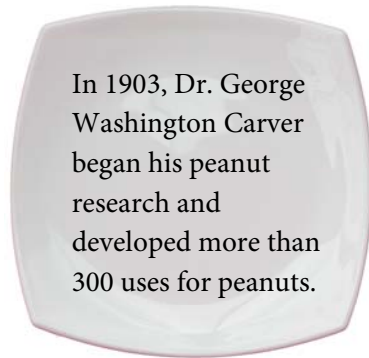
Makes 10 4-inch pancakes.

Peanut Butter Syrup

- ½ cup maple syrup or honey
- ¼ cup peanut butter

1. Combine syrup or honey and peanut butter in saucepan.
2. Heat, stirring until smooth and heated through.
3. Add cinnamon if desired.
4. Serve over pancakes, French toast, or waffles.

Makes ¾ cup



In 1903, Dr. George Washington Carver began his peanut research and developed more than 300 uses for peanuts.



Snacks and Desserts

Peanut Butter Shortbreads

- ½ cup unsalted butter, softened
- ¼ cup creamy peanut butter
- ½ cup granulated sugar
- 2 cups flour

1. Preheat oven to 300°.
2. In a bowl, combine all the ingredients with your fingers until mixture resembles coarse meal.

4. Press the mixture into an ungreased 8-inch round pan.
5. With a fork, prick decorative wedges in the dough.
6. Bake for about 1 hour, or until very lightly browned.
7. Cut into wedges while warm.

Makes 16 cookies.

Peanut Butter Muffins

- 2/3 cup packed brown sugar
- ¼ cup peanut butter
- 1 cup flour
- 3 Tbsp. soft butter
- ¼ cup oatmeal
- 1 tsp. vanilla
- 1¼ tsp. baking powder
- 1 egg
- ¼ cup milk

1. Preheat oven to 350o.
2. Mix dry ingredients in a bowl.
3. Mix peanut butter, butter, vanilla, egg and milk.
4. Gently stir liquid into dry ingredients.
5. Spoon into 12 muffin cups.

Peanut Butter Playdough

- 2 cups nonfat dry milk
- 1 cup honey
- 2 cups creamy peanut butter

1. Mix ingredients and knead dough until soft and pliable. Let children form into shapes.
2. Refrigerate. Dough will set to a candy-like texture.
3. Serve as a snack.

Makes about 4 cups.



Krema Products Company began selling peanut butter in 1908 and is the oldest peanut butter company in operation today.





Dips and Spreads

Peanut Butter Spread

- 1 cup peanut butter
- ¼ cup nonfat dry milk
- ½ cup mashed banana or ½ cup applesauce

1. Combine ingredients.
2. Spread on toast, English muffins, bagels, or tortillas.

Makes 10-12 servings.

Savory Peanut Butter Dip

- ¼ cup creamy peanut butter
- 3 oz. fat-free cream cheese
- 1-2 Tbsp. lemon or apple juice
- ½ tsp. cinnamon
- 2-4 Tbsp. applesauce

1. Combine the peanut butter, cream cheese, juice, and cinnamon
2. in food processor. Blend until smooth.
3. Add applesauce, little by little, to bring to the desired consistency.
4. Chill. Serve with fresh fruits and vegetables, such as apples, bananas, celery, broccoli, or baked sweet potatoes.

Makes 8 ¼-cup servings.

Peanut butter today is remarkably like that made 100 years ago. It contains, by law, a minimum of 90% peanuts, with no artificial sweeteners, colors, or preservatives.



Entrées

Peanut Butter Sandwiches

1. Spread peanut butter on one side of the bread.
 2. Add any of these:
 - Jelly
 - Grated carrot
 - Bananas
 - Pickles
 - Mini marshmallows
 - Colored sprinkles
 - Apple slices or applesauce
 - Brown sugar, maple syrup or honey
 - Raisins, Craisins®, or chopped dates
- Top with second slice of bread or serve open-faced.





Entrées

Peanut Butter Chicken Wings

- 2½ lb. chicken wings, trimmed
- ½ tsp. hot sauce
- 2 tsp. curry powder
- ¼ cup peanut butter
- ½ tsp. black pepper
- ½ tsp. salt
- 2 Tbsp. fresh minced ginger
- 4 Tbsp. lemon juice
- 3 garlic cloves, minced
- 3 Tbsp. soy sauce



1. Mix marinade ingredients in large bowl. Set aside 4 Tbsp.
2. Add wings to the remaining marinade. Stir and marinate for 2 hours.
3. Drain and discard marinade.
4. Preheat oven broiler.
5. Place on broiling rack and broil 10 minutes or until browned.
6. Turn over, baste with reserved marinade, and broil another 5-10 minutes until thoroughly cooked.

Makes 4-6 servings.

Oriental Peanut Butter Sauce

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| ½ cup peanut butter | 1 clove garlic, crushed |
| ¼ tsp. honey | 4 Tbsp. soy sauce |
| 1 onion, grated | 2½ Tbsp. nonfat dry milk |
| 2-4 Tbsp. lemon juice | ¼ cup hot water |

1. Blend all ingredients adding hot water until the mixture has the consistency of heavy cream.
2. Serve over cooked rice, grains, pasta, vegetables, meat, chicken, or tofu.

Makes 2 cups.



Entrées

Ham Slice with Peanut Butter Glaze

- 1 fully cooked ham center cut slice, cut ½ inch thick (about 1 pound)
- 3 Tbsp. orange marmalade
- 2 Tbsp. peanut butter
- 1 Tbsp. water

1. Preheat broiler.
2. Slash edges of ham slice; broil 4-5
3. minutes.
4. Combine marmalade, peanut butter, and
5. water.
6. Spread over ham slice.
7. Broil ½ to 1 minute longer until lightly browned.
8. Garnish with fresh dill and orange slices, if desired.

Makes 4 servings.

African Groundnut Stew

(Did you know that groundnut means peanut in Africa?)

- 1 lb. ground beef
- 3 Tbsp. vegetable oil
- 3 medium onions, sliced
- 1 13-oz. can peeled tomatoes, undrained
- ½ cup peanut butter

1. Brown beef in oil.
2. Add onions and cook until soft.
3. Add tomatoes and liquid.
4. Cover and cook 20 minutes.
5. Stir in peanut butter and heat through.
6. Serve over rice.

Makes 4 servings.

