Peanut Butter

BENEFITS

- Peanut butter is a good source of protein and heart healthy fats
- Note: Be mindful of portion sizes as nuts can provide a lot of calories per serving
- Tip: Recommended storage times:
  - Unopened: 6-9 months
    Refrigeration not needed
  - Opened: 2-3 months
    Lasts 6-9 months in refrigerator

Quarterly Shopping Tip:
Approved Peanut Butters

- 16-18 ounce containers = 1 CTR
- All brands of creamy, crunchy, extra crunchy, natural, or old-fashioned
- Low sodium/salt, reduced/no sugar, and Omega 3

You can download the Wisconsin MyWIC app making shopping so much easier.
Simple Ways to Incorporate Peanut Butter into Your Diet

**Peanut Butter Banan Wrap**

- 1 banana
- 1 tbsp peanut butter
- 3-4 ice cubes (optional)

**Instructions**
1. Put the banana and peanut butter into the blender and puree until smooth.
2. 1 cup at a time, add the spinach, each time blending until smooth. Scrape down the sides of the blender with a spatula between the blends and add a tbsp or so of water or low-fat milk if you need to get the spinach blending.
3. Add the ice cubes, if using, and pulse until smooth.

**Peanut Butter-Cereal Bars**

- 1/2 cup peanut butter
- 1/2 cup honey
- 1/2 teaspoon vanilla
- 3 1/2 cups dry cereal

**Instructions**
1. Line an 8x8 inch pan with parchment paper and set aside.
2. Combine the peanut butter and honey in a medium size sauce pan. Cook for 3 minutes, stirring occasionally. Remove from heat and stir in vanilla.
3. Add in the dry cereal and stir until completely coated. Then press into the lined pan. Use a piece of parchment paper to press firmly down on the bars.
4. Refrigerate bar for one hour, or until ready to serve.

**Peanut Butter Toast**

- Choice of fruit: bananas, strawberries, raspberries, blueberries, apples, etc.

**Instructions**
1. Lay tortillas flat on any surface
2. Spread peanut butter on one side of the whole wheat tortilla
3. Sprinkle choice of fruit on top
4. Roll whole wheat tortilla to make a wrap and enjoy!

**Peanut Butter-Banana Smoothie**

- 2 cups baby spinach
- 1 tbsp peanut butter
- 3-4 ice cubes (optional)

**Instructions**
1. Put the banana and peanut butter into the blender and puree until smooth.
2. 1 cup at a time, add the spinach, each time blending until smooth. Scrape down the sides of the blender with a spatula between the blends and add a tbsp or so of water or low-fat milk if you need to get the spinach blending.
3. Add the ice cubes, if using, and pulse until smooth.

**Note:** Do not give children under the age of 2 honey or products made with honey.