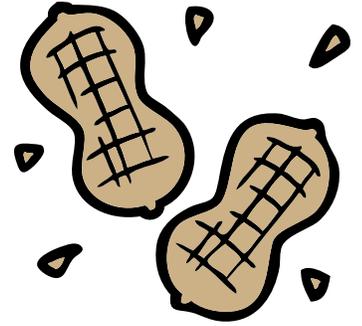
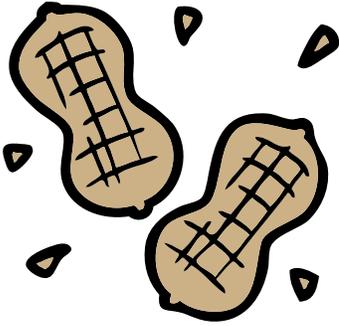


Peanut Butter



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 banana wrap

Peanut butter toast

PB and J sandwich

With bananas, apples, or crackers

Ants on a log

Add it to oatmeal, muffins, waffles, smoothies, or parfaits

Spooned peanut butter

Try a new Asian dish for dinner!

Click [here](#) for cereal bar recipe!

Click [here](#) for smoothie recipe!

RECIPE IDEAS

Peanut Butter Cereal Bars

Ingredients

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



Instructions

Prep: 5 minutes; Cook: 5 minutes; Chill: 1 hour

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.

Tip: These cereal bars are best kept chilled in the refrigerator to keep shape

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



Peanut Butter Wrap

Ingredients

- 1 whole wheat tortilla
- Peanut Butter
- 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

Ingredients

- 1 banana
- 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.