

Peanut Butter Recipes

Apple Boats

Ingredients:

- 1 apple
- Peanut butter
- 1 slice American cheese
- 2 thin pretzel sticks or 2 toothpicks.

Directions:

1. Cut the apple in half and hollow out the core, removing the seeds.
2. Fill each half of the apple with the peanut butter.
3. Cut the cheese in half diagonally, forming two triangles.
4. Poke a pretzel stick through the top and bottom of each piece of cheese.
5. Place the pretzel in the peanut butter and sail away.



Peanut Butter Clusters

Ingredients:

- 10 ounces peanut butter chips (look in the baking aisle)
- 1/2 cup dry-roasted, unsalted peanuts
- 1/2 cup regular oats, uncooked
- 1/2 cup raisins
- 1 teaspoon cinnamon



Directions:

Microwave chips in a bowl on high power until melted, about 1-1/2 minutes. Stir. Add remaining ingredients; mix thoroughly. Using your hands, firmly roll into 1-inch balls. Cool. Makes: 3 dozen balls

Peanut Butter Breakfast Smoothie

This has got to be one of the best things to have for breakfast to keep you going all day, and it tastes delicious!!! Also a very healthy peanut butter recipe.

Ingredients:

- 3 tbps. smooth peanut butter
- 1 cup milk
- 1 banana
- drop of vanilla extract

Blend all ingredients together in a blender, and enjoy!!!!

The amounts are just a guideline; change them to how you like it.

There are all kinds of things you can do to change this recipe. For example, you can put some instant oatmeal in while blending. It sounds pretty weird, but in Brazil it is very common. Try it out, and you'll realize it is very tasty, and also helps you get some grains with your breakfast smoothie.

If you'd like to sweeten the smoothie, honey is always a great way to go. Honey is much healthier than sugar, as it has some vitamins, and a number of other health benefits. It also has a nice flavor.

Decadent Peanut Butter Marshmallow Squares

Ingredients:

1/4 cup butter
3/4 cups peanut butter
1/4 cup shredded coconut
6 oz butterscotch chips
2 1/2 cups miniature marshmallows found in baking aisle

Directions:

Mix the first 4 ingredients together, in a large microwave safe bowl and melt in microwave for about 5 minutes. Stir the ingredients together making sure everything is melted. Stir in the marshmallows and immediately spread into a greased pan. The size doesn't matter, as long as everything fits! Place in the fridge for 1 hour then cut into squares...and viola! One of the best peanut butter desserts you can make... This peanut butter recipe has many variations, and the nice thing about it is you can easily change the ingredients to make them match your tastes. For example, you can put in fewer butterscotch chips or add chopped walnuts.

Peanut Butter Muffins

Ingredients:

2 eggs
1 c. milk
 $\frac{1}{4}$ c. banana (about 1 banana), mashed with a fork
 $\frac{1}{4}$ c. peanut butter
 $\frac{1}{3}$ c. vegetable oil
 $\frac{1}{4}$ c. frozen apple juice concentrate, thawed (left out of the freezer until it's soft)
 $\frac{1}{4}$ c. nonfat dry milk
 $2\frac{1}{4}$ c. flour
 $1\frac{1}{2}$ tsp. baking powder
1 tsp. baking soda
nonstick cooking spray

Utensils:

oven	fork
small bowl	large bowl
mixing spoon	muffin/cupcake tin
paper muffin/cupcake liners	
wire rack	measuring cups and spoons

Directions:

1. Preheat oven to 350° F
2. In a small bowl, break the eggs and use a fork to beat them a little bit.
3. In a large bowl, combine the milk, mashed banana, peanut butter, vegetable oil, apple juice, dry milk, and the eggs from the small bowl. Mix with a mixing spoon until the mixture is creamy.
4. Add the flour, baking powder, and baking soda into the large bowl. Mix again.
5. Line a muffin tin with paper liners or lightly spray with nonstick spray. Spoon in the muffin mix. Fill each muffin cup about 2/3 of the way up.
6. Bake for about 15 minutes.
7. When your muffins are finished baking, remove from muffin tin and cool them on the wire rack.
8. Then it's time to taste and share!

Makes: 12 muffins

Peanut Butter Pancakes

Ingredients:

1 $\frac{1}{4}$ cups flour
2 tablespoons sugar
2 $\frac{1}{2}$ teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
1 $\frac{1}{4}$ cups milk
1 egg
 $\frac{1}{4}$ cup peanut butter
3 tablespoons butter, melted

Directions:

Combine flour, sugar, baking powder and salt. Beat milk with egg and peanut butter until smooth. Add to dry ingredients and beat just until well moistened. Lightly butter hot griddle. Spoon by $\frac{1}{4}$ cupfuls onto griddle. Cook until golden brown on both sides.

Peanut Butter Oatmeal

Ingredients:

peanut butter
oatmeal

Directions:

Prepare oatmeal according to package directions. Add one tablespoon peanut butter before serving.

Peanut Squares

Ingredients:

1 cup honey
1 cup peanut butter
2 cups instant nonfat dry milk
1 cup finely chopped coconut
3 cups finely chopped honey roasted peanuts

Directions:

Warm honey and peanut butter together. Add milk, coconut and nuts to honey mixture and blend together. Press mixture tightly and evenly into 8" x 8" x 2" square dish. Refrigerate for about 2 hours.

Cut into squares 4" x 4"

Great for snack when biking, hiking, or an energy pick me up during the day. Favorite after school snack, wrapped in colorful individual bags and keep in the refrigerator.

Makes: 16 squares---wrap individually and keep refrigerated.



Peanut Granola

Ingredients:

- 3 cups rolled oats
- 1/2 cup sesame seeds
- 3 tbsp butter, melted
- 1/2 cup brown sugar
- 1 tsp vanilla
- 1 cup peanuts
- 1 cup dried cranberries or raisins
- 1 cup coconut
- 1/4 cup wheat germ
- 1/2 cup honey
- 1/4 cup peanut oil
- 1/2 tsp cinnamon
- 1/2 tsp salt
- 1 cup cut up dates

Directions:

Preheat oven to 300°. Stir butter, oil, honey, sugar, vanilla and cinnamon into the bottom of a large bowl. Toss in coconut, wheat germ, oats, and peanuts. Toss well to coat. Spread mixture out on a non-stick baking pan. Bake for 30 minutes. Stir well and return to oven for 15 minutes. Check and stir every ten minutes after until the mixture is golden brown. Remove from oven and sprinkle with salt, toss in dried fruit. Allow to cool and then store in an airtight container.

Serving directions: For a European style breakfast eat this with yogurt and cut up fresh fruit. For trail mix just add some chocolate chips, pretzels and/or cereal. A healthy snack for the lunch box!

References:

- www.fitnessandfreebies.com
- www.kidshealth.org
- www.peanutbutterrecipes.net
- www.peanutbutterlovers.com
- www.peanutlovers.com
- www.peanut-institute.org

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