

COMMODITY FOODS

PEANUT BUTTER

Storage

- Unopened jars may be stored in a cool, dry place for about 2 years.
- Opened peanut butter keeps about 3 months on the shelf. If not eaten in 3 months, the peanut butter should be stored in the refrigerator.

Uses & Tips

- Peanut butter when stored in the refrigerator can become too hard or stiff to spread. Let it sit at room temperature a short time before using.
- Some peanut butters when stored at room temperature get oily on top. Stirring will mix the oil and the peanut solids together again.
- One serving of meat is 2-3 ounces. Two tablespoons of peanut butter is equal to one ounce of meat.
- Make a peanut butter sandwich exciting by adding: sliced fruit, grated carrots, dried fruit (raisins, chopped dates or figs), or grated cheese.



☹ Some adults and children are allergic to peanuts. True food allergies must be taken seriously because allergic reactions can be life threatening. If a member of your family is allergic to certain foods, consult with your health care provider before feeding those foods to your child.

Peanut Butter Kisses Serves 16.

- 1 cup peanut butter
- 1 cup jam, honey or molasses
- 2 cups nonfat dried milk
- 1/2 cup raisins, figs or dates, chopped (optional)

1. Mix together peanut butter, jam, dried milk and dried fruit.
2. Shape into a long roll. Cut into bite-size pieces.

NUTRITION FACTS (per serving) - Calories 190 ~ fat 8 g ~ calories from fat 70 ~ sodium 135 mg ~ total carbohydrate 24 g ~ fiber 1 g



UNIVERSITY OF ILLINOIS
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