

# Peanut Butter Recipes



## Peanut Butter and Apples Serves 4.

4 apples

### Filling:

1 cup peanut butter, smooth or chunky

1/2 cup crisp rice cereal

1/4 cup dried fruit (chopped raisins, dates or figs)

1. Cut apples into quarters and remove core.
2. Mix peanut butter, cereal and raisins.
3. Spoon into apple hollows where core was removed.

**NUTRITION FACTS (per serving) - Calories 310 ~ fat 17 g ~ calories from fat 150 ~ sodium 190 mg ~ total carbohydrate 38 g ~ fiber 6 g**

## Peanut Butter French Toast Serves 4.

1/2 cup peanut butter                      1/2 cup milk (substitute prepared nonfat dry milk)

8 slices bread                                1/4 tsp. salt

2 eggs    margarine or butter

1. Spread peanut butter on 4 slices of bread and top with remaining slices of bread to make 4 sandwiches.
2. Mix egg, milk and salt. Dip sandwiches in egg mixture.
3. Brown sandwiches on both sides in a greased pan/skillet over low heat.

**NUTRITION FACTS (per serving) - Calories 370 ~ fat 21 g ~ calories from fat 190 ~ sodium 630 mg ~ total carbohydrate 34 g ~ fiber 6 g**

## Peanut Butter & Banana Pancakes Serves 4.

1 1/4 cups flour

1 egg

2 tbsp. sugar

1/4 cup peanut butter

2 1/2 tsp. baking powder

1 banana, chopped

1/2 tsp. salt

margarine or butter

1 1/4 cups milk (substitute prepared nonfat dry milk)



1. Combine flour, sugar, baking powder and salt.
2. Mix milk, egg and peanut butter and beat until smooth. Add dry ingredients and stir until well moistened.
3. Gently stir bananas into batter.
4. Grease pan/skillet with margarine.
5. Spoon pancake batter onto pan and cook until golden brown on both sides.

**NUTRITION FACTS (per serving) - Calories 170 ~ fat 5 g ~ calories from fat 45 ~ sodium 360 mg ~ total carbohydrate 26 g ~ fiber 2 g**

**Pumpkin Peanut Butter Dip** Makes 2 1/2 cups (40 tablespoons).

3/4 cup pumpkin  
3/4 cup peanut butter

1 cup brown sugar  
1 tsp. vanilla

1. Mix peanut butter and brown sugar.
2. Add vanilla and stir.
3. Add pumpkin and stir until well blended.
4. Serve with graham crackers, bread, apple slices, celery sticks, etc.

**NUTRITION FACTS (per serving) - Calories 45 ~ fat 2.5 g ~ calories from fat 20 ~ sodium 35 mg ~ total carbohydrate 5 g ~ fiber 0 g**

**Peanut Butter Dip\*** Makes 2 cups (32 tablespoons).

1/2 cup water  
1/2 cup nonfat dry milk  
1 cup peanut butter

1/2 cup corn syrup  
1 tsp. vanilla

1. Mix dry milk with water in a saucepan.
2. Add peanut butter, corn syrup and vanilla.
3. Cook over medium heat, stirring constantly until all ingredients are blended.
4. Remove from heat.
5. Serve warm, not hot, with vegetables, fruits and bread.
6. Store leftovers in the refrigerator. Reheat in microwave on LOW.

**NUTRITION FACTS (per serving) - Calories 70 ~ fat 4 g ~ calories from fat 35 ~ sodium 50 mg ~ total carbohydrate 6 g ~ fiber 0 g**

\*University of Minnesota Extension Service, "Simply Good Eating, Recipe Cards Vol. 2"



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