

PEANUT BUTTER

Storage

- Unopened jars of peanut butter will keep in a cool, dry place for about 1 year or less. Opened jars of peanut butter keeps about 3 months on the shelf. Some “natural” peanut butters require refrigeration so always check the jar label for storage recommendations.

Uses & Tips

- 1 tablespoon of peanut butter counts as 1 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.
- Flavor hot oatmeal with peanut butter.
- Combine peanut butter and maple-flavored syrup in a saucepan. Heat until hot and creamy. Serve on top of pancakes.
- Combine peanut butter with low-fat/fat free plain yogurt. Sweeten with 100% fruit juice concentrate. Serve as a dip with fruit slices.

Peanut Allergy

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.



Pumpkin Peanut Butter Dip

Makes 2 1/2 cups

3/4 cup pumpkin

1 cup brown sugar

3/4 cup peanut butter

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



UNIVERSITY OF ILLINOIS
EXTENSION
NUTRITION EDUCATION PROGRAMS

University of Illinois * United States Department of Agriculture * Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment.
This material was funded by USDA's Supplemental Nutrition Assistance Program.