



## Nuts About Peanut Butter

Peanut butter is a favorite food for many children and adults. Try some of these lunch and snack recipes which use peanut butter. **Caution:** Some children are allergic to peanuts. Be sure to ask children's parents about allergies before serving foods made with peanut butter.

### PEANUT BUTTER AND BANANA MUFFINS

1 cup flour  
3/4 cup quick cooking oats  
1/3 cup packed brown sugar  
1 tablespoon baking powder  
1 cup milk  
1/2 cup peanut butter  
1/2 cup mashed ripe banana  
1 egg, beaten  
2 tablespoons vegetable oil  
1 teaspoon vanilla

*Topping:*  
1/4 cup flour  
2 tablespoons butter,  
melted  
2 tablespoons packed  
brown sugar

Preheat oven to 375 degrees F. Grease 12 muffin cups or line with paper muffin liners. Combine 1 cup flour, oats, 1/3 cup brown sugar, and baking powder. Whisk together milk, peanut butter, banana, egg, oil, and vanilla. Add banana mixture to dry ingredients, mixing just until moistened. Fill prepared muffin cups 3/4 full.

In a small bowl, stir together topping ingredients. Sprinkle evenly over muffins.

Bake in preheated oven for 18 minutes, until golden brown. Serve warm. Makes 1 dozen.



## PEANUT BUTTER AND BANANA SMOOTHY

- 1 banana
- 2 tablespoons peanut butter
- 1/2 cup milk

In a blender, combine banana, peanut butter and milk. Blend until smooth. Pour into glasses and enjoy!

Makes 2 (1/2 cup) servings.

## PEANUT BUTTER DIP

- 1/4 cup creamy peanut butter
- 3 ounces fat free cream cheese
- 1 to 2 tablespoons lemon or apple juice
- 1/2 teaspoon cinnamon
- 1/8 to 1/4 cup natural applesauce

fresh fruit or vegetables for dipping, such as apples, bananas, celery, broccoli, cucumbers, etc.\*

Combine the peanut butter, cream cheese, juice and cinnamon in food processor. Blend until smooth. Add applesauce, little by little, to bring to the desired consistency for the dip. Chill before serving with fresh fruits and vegetables.

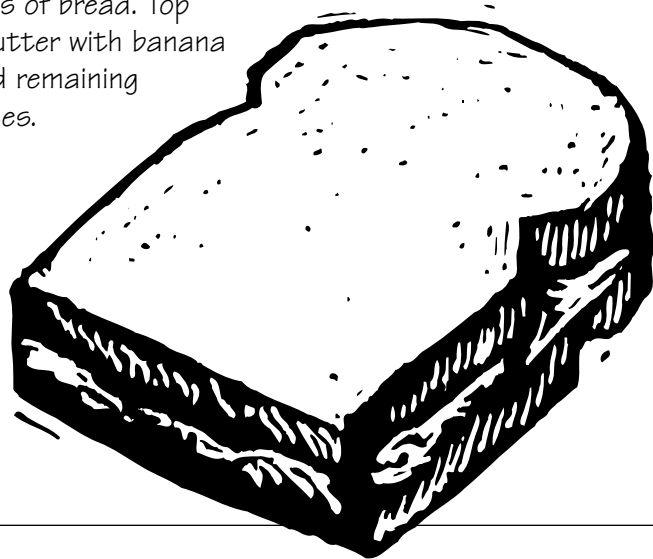
\*Caution: young children may choke while eating fresh fruit and vegetables. Supervise children carefully when they are eating these foods.

## TOASTED PEANUT BUTTER SANDWICHES

- 1/4 cup peanut butter
- 4 slices white, wheat, oat, or cinnamon raisin bread
- 1 medium banana, sliced

Evenly spread peanut butter on 2 slices of bread. Top peanut butter with banana slices and remaining bread slices.

Spray a non-stick skillet with cooking spray. Cook sandwiches over medium heat until golden brown, about four minutes, turning once. Makes 2 sandwiches.



## PEANUT BUTTER BURRITOS

- 1/2 cup peanut butter
  - 12 (6 inch) flour tortillas
  - 1 (8 ounce) can crushed pineapple, well drained
  - 2 medium bananas, chopped
  - 1 cup chopped kiwi fruit
  - 1 cup chopped strawberries
  - 1/2 cup flaked coconut
- Spread 2 teaspoons peanut butter on each tortilla.
- Top each tortilla with 1 tablespoon each of pineapple, bananas, kiwi and strawberries. Sprinkle with coconut. Roll up tortillas. Makes 12 burritos.

## FROZEN PEANUT BUTTER POPS

- 1/2 cup peanut butter
  - 2 cups cold milk
  - 1 package (3 ounces) vanilla or chocolate instant pudding
  - 6 (4 ounce) paper cups
  - 6 plastic spoons
- In a medium bowl, blend all the ingredients together. Spoon the pudding into paper cups. Place a plastic spoon in the center of each cup. Freeze until firm. To serve, peel off the paper cup.



**Pennsylvania Pathways**

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Sources: allrecipes.com, peanutbutterlovers.com, peanutbutter.com

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