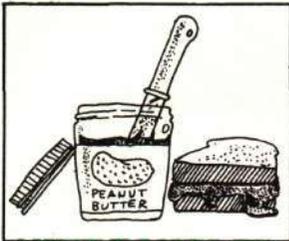


# PEANUT BUTTER



peanut butter

**Add peanut butter to your shopping list for a nutritious snack that is sure to please. To get the most food value from your peanut butter — store it right.**

## How to Use Peanut Butter

Peanut butter can be used in many ways:

- Make “ants on a log” by stuffing celery with peanut butter and sprinkling raisins on top.
- Core an apple and fill the inside with peanut butter.
- Serve peanut butter on whole grain crackers for a nutritious snack.
- Make a sandwich of peanut butter and
  - sliced bananas
  - apple or pear slices
  - salad dressing or mayonnaise
  - tomato slices
  - lettuce
  - raisins
  - or the old stand by—jelly

## How to Store Peanut Butter

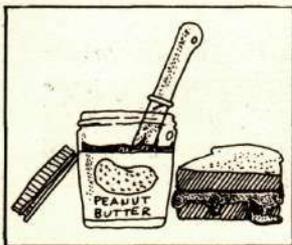
Peanut butter can be stored on your cupboard shelf. It does not have to be refrigerated.

An unopened jar of peanut butter will remain fresh up to 9 months. Once the jar is open, try to use it within 3 months for the best flavor and quality.

For long-term storage, peanut butter can be frozen. Freeze opened containers for up to 10 months and unopened containers up to one year.

## Peanut Butter is Good for You

Peanut butter is a good source of energy and protein. It makes an excellent snack for growing children. Combine peanut butter with grain foods like breads or crackers to provide high quality, complete protein.



peanut  
butter

peanut

### Peanut Butter Granola

2 tablespoons oil  
1-1/3 cups chunky or smooth peanut butter  
1/2 cup firmly packed brown sugar  
2-1/2 cups rolled oats  
1/4 to 1/2 cup raisins

**Stir** oil into peanut butter. **Add** sugar, then oats. **Stir** until well mixed. **Spread** mixture onto 2 baking sheets. **Bake** at 300°F. for 15 to 20 minutes until lightly browned. **Stir** occasionally. **Remove** from oven and add raisins.

Serve peanut butter granola as a snack or cereal with milk and fruit.

*Makes 4 cups.*

### Peanut Butter Quick Bread

2 cups flour  
1/3 cup nonfat dry milk  
1/3 cup sugar  
2 teaspoons baking powder  
3/4 cup peanut butter  
1 cup water

**Preheat** oven to 350°F. **Mix** flour, nonfat dry milk, sugar, and baking powder together in a bowl. **Blend** in peanut butter with a fork. **Stir** in water. **Spoon** bread mixture into a greased loaf pan. **Bake** bread for 45 to 50 minutes or until a knife inserted in the center comes out clean.

Try warm peanut butter quick bread topped with jelly for breakfast or as a tasty dessert for lunch or dinner

*Makes one loaf of bread.*

Prepared by Penny Ross, Extension Food and Nutrition Specialist, MSU.

### Peanut Butter French Toast

3/4 cup peanut butter  
12 slices bread  
3 eggs  
3/4 cup milk  
1 tablespoon margarine

**Spread** peanut butter on 6 slices of bread. **Top** with another slice to make sandwiches. **Mix** eggs and milk. **Dip** sandwiches in egg mixture. **Melt** margarine in heated frypan. **Cook** sandwiches over low heat until browned on one side. **Flip over** and brown other side. **Add** more margarine to the pan if needed to keep sandwiches from sticking while they cook.

Peanut butter french toast makes a fine breakfast or lunch. Serve with juice or fruit, and milk.

*Serves 6.*

### Peanut Butter Dip For Vegetables

1/4 cup mayonnaise  
1/4 cup peanut butter

**Mix** peanut butter and mayonnaise in a bowl.

Serve dip with finger vegetables like celery, carrots, and green pepper sticks.

*Makes 1/2 cup of dip.*

O-18747

MSU is an affirmative-action, equal-opportunity institution. Cooperative Extension Service programs are open to all without regard to race, color, national origin, sex, or handicap.

Issued in furtherance of Cooperative Extension work in agriculture and home economics, acts of May 8, and June 30, 1914, in cooperation with the U.S. Department of Agriculture. J. Ray Gillespie, Interim Director, Cooperative Extension Service, Michigan State University, E. Lansing, MI 48824.

This information is for educational purposes only. Reference to commercial products or trade names does not imply endorsement by the Cooperative Extension Service or bias against those not mentioned. This bulletin becomes public property upon publication and may be reprinted verbatim with credit to MSU. Reprinting cannot be used to endorse or advertise a commercial product or company.

Reprint 6:90-5M-TCM-UP-Price 10 cents, single copy free to Michigan residents.