

HOW TO USE PEANUT BUTTER

How to Store

For commercially processed peanut butter: After opening a jar, it can be stored in the pantry for a few months. After that, it is best to store it in the refrigerator to extend shelf-life and prevent oil separation.

For natural peanut butter: Oil separation is normal. When you first open it, stir in the oil layer on top. To avoid oil separation, store it in the refrigerator after opening.

Five Tips for How to Use

- Peanut butter banana pancakes or waffles – Peanut butter adds a great flavor to pancakes. Try switching out some of the all-purpose flour in the recipe for whole wheat or oat flour to boost the flavor and nutrition.
- Peanut butter oat energy bites – Mix oats, peanut butter, seeds, like sunflower, cinnamon, honey, and dried fruit to make a quick and easy energy bite.
- Peanut sauce – Use peanut butter, soy sauce, and something spicy to make a savory peanut sauce for stir-fry or pasta.
- Peanut butter wraps – Spread peanut butter on a tortilla and add sliced apples, bananas, granola. Serve as a wrap or like a quesadilla and try toasting the tortilla in a pan or microwave oven for extra flavor.
- Peanut butter yogurt dip – Mix 1/3 cup peanut butter into ½ cup plain or vanilla yogurt. Enjoy with fruit.



**Turn over for
recipe**



Peanut Butter Breakfast Cookies

Serves: about 16 cookies

Ingredients:

- 2 over-ripe bananas
- ½ cup peanut butter
- 2 teaspoons vanilla extract
- 3 tablespoons honey or maple syrup
- 2 cups oats (quick cooking or old-fashioned)
- 1 teaspoon cinnamon
- ½ teaspoon cardamom (optional)
- ½ large carrot, grated
- ¼ cup chopped walnuts or pecans (optional)

Instructions:

1. Preheat the oven to 350° F.
2. In a large bowl, mash the bananas. Mix in the peanut butter and vanilla extract.
3. Add all the other ingredients to the bowl, except the carrots and nuts. Mix well; it will be a thick batter.
4. Mix in the carrots and chopped nuts, using your hands if necessary.
5. Shape the batter into balls and place on a baking sheet, spacing evenly. Flatten the balls to form a cookie shape.
6. Bake for 10-15 minutes. Time will vary with cookie size and different ovens. Cookies are done when the outside turns slightly golden-brown.

Tip:

- You can use 1 cup mashed pumpkin in place of the banana, although it will be slightly less sweet.