

# Can-Do PEANUT BUTTER

## *Peanut Butter Yogurt Dip*

### Ingredients

- 1 cup nonfat plain yogurt
- 1 teaspoon vanilla
- $\frac{3}{4}$  cup peanut butter

### Directions

1. Clean hands and food preparation surfaces.
2. Combine all ingredients in a bowl and mix well.
3. Keep in a covered container and refrigerate until ready for use.
4. Store leftovers in the refrigerator within two hours.

*Adapted from:* [snapedny.org/recipes/peanut-butter-yogurt-dip/](http://snapedny.org/recipes/peanut-butter-yogurt-dip/)





## ***Peanut Butter Cereal Bars***

### **Ingredients**

- ½ cup honey (See important safety note below.)
- 1 cup peanut butter
- 2 cups rice cereal
- 2 cups quick oats
- 1 cup raisins or other dried fruit

### **Directions**

1. Clean hands and food preparation surfaces.
2. In a saucepan bring honey to a boil.
3. Reduce heat to low and stir in peanut butter.

4. Add dry cereal, oats and raisins; mix well. Remove from heat.
5. Oil or lightly spray an 8-inch-square baking pan with cooking spray. Press mixture into prepared pan. When cool, cut into bars.
6. Store in an airtight container for up to a week.

### **Notes**

- Try this recipe with 4 cups of unsweetened cereal flakes instead of the rice cereal and oats.
- Important Safety Note: Honey is not recommended for children under 1 year old.

*Adapted from:* [mainesnap-ed.org/recipes/peanut-butter-cereal-bars/](http://mainesnap-ed.org/recipes/peanut-butter-cereal-bars/)



## **Peanut Butter Tips**

- Choose peanut butter that lists only peanuts and possibly salt as ingredients. Avoid those with added oils, sugars or preservatives.
- Always check the “best by” date for freshness.
- Choose between creamy and crunchy peanut butter or explore different brands and flavors to find your preference.
- Larger containers can be more cost-effective than smaller ones.
- Peanut butter can be stored in a cool, dark place for several months. If you prefer a firmer consistency, you can refrigerate peanut butter, but it will be harder to spread. Peanut butter does not freeze well and can become grainy, which results in poor texture and flavor.
- If you buy natural peanut butter, refrigeration can help prevent the oil from separating and settling on top. Stir well before refrigerating and before using.
- Keep the lid tightly closed to prevent air and bacteria from entering, which can affect freshness.
- Although it’s a healthful source of protein, peanut butter is calorie-dense, so be mindful of serving sizes.



## ***Peanut Butter Muffins***

### **Ingredients**

- $\frac{3}{4}$  cup peanut butter (chunky)
- 1 tablespoon honey (See important safety note below.)
- 2 eggs
- 1 cup skim milk
- 1  $\frac{1}{2}$  cups flour
- $\frac{1}{2}$  cup cornmeal
- 3 tablespoons sugar
- 2 teaspoons baking powder
- $\frac{1}{2}$  teaspoon salt

### **Directions**

1. Clean hands and food preparation surfaces.
2. Preheat the oven to 375 F
3. Line 12 muffin cups with paper baking cups (or grease the bottom of each cup with butter or margarine).

4. Put the peanut butter and honey in a mixing bowl. Beat until well blended.
5. Add the eggs 1 at a time, beating well after each egg.
6. Add the milk and mix well.
7. Add the flour, cornmeal, sugar, baking powder and salt. Stir until they are moistened. Don't stir too much.
8. Fill each muffin cup  $\frac{3}{4}$  full.
9. Bake for 20 to 25 minutes until golden brown.
10. Cool on a wired rack for at least 10 minutes before serving.

### **Notes**

- Important Safety Note: Honey is not recommended for children under 1 year old.

*Adapted from:* [masnaped.org/recipes/peanut-butter-muffins/](http://masnaped.org/recipes/peanut-butter-muffins/)





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## ***Peanut Butter Oatmeal Bites***

### **Ingredients**

- 1 cup creamy peanut butter
- $\frac{2}{3}$  cup unsweetened applesauce or 2 large very ripe bananas (or half of each)
- $\frac{1}{3}$  cup brown sugar
- 2 teaspoons vanilla
- 2 teaspoons cinnamon
- 2 cups quick oats
- $\frac{3}{4}$  cup dried fruit: cranberries, raisins, apples, dates, etc. (or a mixture)
- $\frac{1}{2}$  cup chopped nuts, pepitas (pumpkin seeds) or sunflower seeds (or a mixture)

### **Directions**

1. Clean hands and food preparation surfaces.
2. Preheat the oven to 350 F.
3. Line 2 large baking sheets with parchment paper and set aside.
4. In a large bowl, mix the peanut butter, applesauce or bananas, brown sugar, vanilla and cinnamon until smooth. Add the oats, dried fruit and nuts, stirring until combined.
5. Drop the dough into equal sizes onto the baking sheets, about 2 tablespoons per cookie. Flatten the top with the back of a spoon.
6. Bake 12 to 16 minutes or until the edges are slightly brown and the dough is set, but soft.
7. Remove from oven and cool on the baking sheet for 10 minutes. Transfer to a cooling rack to finish cooling.
8. Store in an airtight container. Use within four days or freeze.

*Adapted from:* [planeatmove.com/recipes/recipe/peanut-butter-oatmeal-bites/](http://planeatmove.com/recipes/recipe/peanut-butter-oatmeal-bites/)