

Peanut Butter

Created by Lesley Sykes
01/19/2007



Peanuts are not true nuts but actually members of a family of legumes related to peas, lentils, and other beans. Peanuts start growing as a ground flower that, due to its heavy weight, bends towards the ground and eventually burrows underground where the peanut actually matures.

Due to their high protein content and chemical profile, peanuts are processed into a variety of different forms, including butter, oil, flour, and flakes.

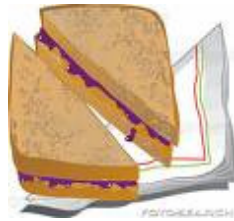
Nutrition & Health: Peanuts are a very good source of monounsaturated fats, the type of fat that is emphasized in the heart-healthy Mediterranean diet. Peanuts are also good sources of vitamin E, niacin, folate, protein and manganese that are used for a variety of metabolic processes and protection against disease. In addition, peanuts provide resveratrol, the antioxidant also found in red grapes and red wine that has potentially beneficial properties, including antioxidant, anticoagulant, anti-inflammatory, and anticancer effects.



How to use: PB makes delicious spreadables for breads, waffles, bagels, toast, crackers, apple slices, celery, or carrots.

Try pairing one of the following ingredients with PB for a taste twist on the classic combination of PB & J.

- Sliced bananas
- Brown sugar
- Honey
- Bacon
- Sliced apples
- Raisins
- Chopped, pitted dates
- Grated carrots
- Wheat germ and honey



Natural VS Processed PB

The draw back to eating processed peanut butter? PB that is processed has a small amount of hydrogenated fat that is added to prolong the shelf life and keep the nuts' oils from separating. The hydrogenation that occurs essentially turns some of the added fat to saturated fat, which can raise blood cholesterol. The process raises the saturated fat in a 2-tablespoon serving by 1 gram, bringing the level to 3 grams as opposed to 2 in natural PB.

***As stated in Tufts University Health & Nutrition Letter**

Peanut Butter

Created by Lesley Sykes
01/19/2007



Peanuts are not true nuts but actually members of a family of legumes related to peas, lentils, and other beans. Peanuts start growing as a ground flower that, due to its heavy weight, bends towards the ground and eventually burrows underground where the peanut actually matures.

Due to their high protein content and chemical profile, peanuts are processed into a variety of different forms, including butter, oil, flour, and flakes.

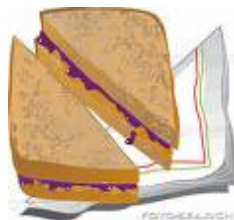
Nutrition & Health: Peanuts are a very good source of monounsaturated fats, the type of fat that is emphasized in the heart-healthy Mediterranean diet. Peanuts are also good sources of vitamin E, niacin, folate, protein and manganese that are used for a variety of metabolic processes and protection against disease. In addition, peanuts provide resveratrol, the antioxidant also found in red grapes and red wine that has potentially beneficial properties, including antioxidant, anticoagulant, anti-inflammatory, and anticancer effects.



How to use: PB makes delicious spreadables for breads, waffles, bagels, toast, crackers, apple slices, celery, or carrots.

Try pairing one of the following ingredients with PB for a taste twist on the classic combination of PB & J.

- Sliced bananas
- Brown sugar
- Bacon
- Sliced apples
- Raisins
- Chopped, pitted dates
- Grated carrots
- Wheat germ and honey



Natural VS Processed PB

The draw back to eating processed peanut butter? PB that is processed has a small amount of hydrogenated fat that is added to prolong the shelf life and keep the nuts' oils from separating. The hydrogenation that occurs essentially turns some of the added fat to saturated fat, which can raise blood cholesterol. The process raises the saturated fat in a 2-tablespoon serving by 1 gram, bringing the level to 3 grams as opposed to 2 in natural PB.

***As stated in Tufts University Health & Nutrition Letter**

Healthy Peanut Butter Snacks

1/2 cup peanut butter
1/2 cup honey
1 cup toasted wheat germ
2 tablespoons nonfat dry milk
1/2 cup raisins
1/2 cup coconut or sesame seeds

1. Combine and mix honey, wheat germ, peanut butter and dry milk
2. Stir in raisins
3. Shape into balls
4. Roll in coconut or sesame seeds - coating well
5. Store covered in refrigerator if any remain

Healthy Peanut Butter Snacks

1/2 cup peanut butter
1/2 cup honey
1 cup toasted wheat germ
2 tablespoons nonfat dry milk
1/2 cup raisins
1/2 cup coconut or sesame seeds

1. Combine and mix honey, wheat germ, peanut butter and dry milk
2. Stir in raisins
3. Shape into balls
4. Roll in coconut or sesame seeds - coating well
5. Store covered in refrigerator if any remain