

Peanut Butter Lover's Day

March 1

March 1 is Peanut Butter Lover's Day and a great excuse to enjoy your favorite peanut butter recipe or simply a handful of perfectly roasted peanuts! Did you know that peanuts are actually legumes that grow underground? U.S. peanuts and peanut butter are the most popular nut choice and comprise approximately 67% of all nut consumption. The DASH Diet to lower blood pressure recommends 4 – 5 servings of nuts, seeds, or legumes per week.

They are high in protein and fiber, which have been shown to promote fullness. This helps reduce appetite urges between meals, which ultimately may help with weight loss and management. However, one tablespoon of peanut butter contains 95 calories, so it must be enjoyed in moderation.

Peanuts, peanut butter, and peanut oil have lipid lowering effects, which may help reduce inflammation, which is an underlying cause of chronic diseases such as heart disease, diabetes, and cancer.

The following two recipes are nutritious additions to your breakfast menu or as a snack.

Nutty Monkey Granola

- 2 cups old-fashioned oats
- 1 teaspoon baking powder
- 1/4 cup coconut flakes
- 1/3 cup chopped peanuts
- 1/4 cup sunflower seeds
- 1/4 cup pumpkin seeds
- 3 tablespoons ground flax
- 2 tablespoons chia seeds
- 1 banana
- 1 egg white
- 1/4 cup peanut butter
- 1/3 cup dried cranberries
- 1/4 cup chocolate chips

Directions:

Heat the oven to 375°F and line a large baking sheet with parchment paper.

Combine the first 8 ingredients in a large mixing bowl.

Use a blender to combine the banana, egg white, and peanut butter until smooth. Pour the peanut butter mixture over the oat mixture and stir until incorporated. Pour the mixture in an even layer on the baking pan.

Bake until crisp (about 20-30 minutes), removing from the oven and stirring every 10 minutes to allow the granola to brown evenly and break up into smaller pieces. When the granola is golden and crisp, remove from the oven and stir in the cranberries and chocolate chips (chocolate chips should melt a little).

Allow to cool completely before storing in an air-tight container.

Source: Peanutlovers.com

Peanutty Zucchini Muffins

- 2 large eggs
- 1 (6-ounce) container fat free plain Greek yogurt
- 3/4 cup sugar
- 6 tablespoons peanut oil
- 1 teaspoon vanilla extract
- 1 medium zucchini, 12 ounces, trimmed and shredded, 3 cups
- 2 1/4 cups all-purpose flour
- 3/4 cup light peanut flour (28%)
- 2 teaspoons baking powder
- 1 1/2 teaspoons ground cinnamon
- 1/2 teaspoon ground allspice
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1/2 cup golden raisins

Preheat the oven to 375°F. Line 12 muffin cups with muffin liners.

Whisk together the eggs, yogurt, sugar, oil and extract in a large bowl. Stir in the zucchini. Combine the all-purpose flour, peanut flour, baking powder, cinnamon, allspice, baking soda and salt in a separate bowl. Stir the flour mixture into the egg mixture until just moist. Stir in the raisins.

Spoon the batter into the lined muffin cups and bake until a toothpick inserted into the center of each comes out clean, 18-20 minutes. Cool muffins in the pan 5 minutes then transfer to a wire rack and cool completely.

Nutrition per serving: Calories: 258, Protein: 7g, Carbohydrates: 37g, Fiber: 2g, Fat: 9g, Saturated Fat: 2g, Cholesterol: 31mg, Sodium: 176 mg

Source: www.peanutpower.org

For more information on this topic, you may contact the Texas A&M AgriLife Extension Office at 903-473-4580 or visit us at rains.agrilife.org. We are also on Facebook at [Facebook.com/pages/Rains-County-Family-Consumer-Sciences](https://www.facebook.com/pages/Rains-County-Family-Consumer-Sciences).