

November  
2023

# EAT BETTER FOR LESS

EatGatherGo.org

## After Centuries of Meals, Peanut Butter Deserves Month

Created by the Aztecs and Incas, peanut butter in some form has long been a part of our diet. It's tasty, inexpensive, and filling. Peanut butter is considered a nutritionally dense "superfood" because it is packed with protein and essential vitamins and minerals. It's also easy to pack and makes a quick snack or part of a meal.

Celebrate National Peanut Butter Lover's Month by going beyond peanut butter and jelly sandwiches with these tips:

### What to Consider When Selecting a Peanut Butter



- Look for peanut butters with little or no added sugar and made with few ingredients.
- Commercial peanut butters are blended for convenience and creaminess.
- "Natural" peanut butters can separate, which requires stirring, and are not as smooth in texture compared to commercial peanut butter.

### Ways to Add Peanut Butter to Your Diet



Peanut butter can help kids and adults alike to try different foods.

- Use as a dip with fruits and vegetables.
- Spread it on whole grain crackers or bread. Roll it up in a tortilla.
- Add to a smoothie or oatmeal. Mix it into a stir-fry or stew.



Need a quick appetizer for guests at Thanksgiving or an afterschool snack? Whip up this quick dip to serve alongside fruit or vegetables.

### Peanut Butter Yogurt Dip

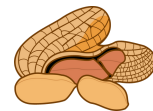
#### Ingredients

- 1/2 cup nonfat plain yogurt
- 1/4 cup peanut butter
- 3/4 teaspoon cinnamon (optional)

#### Directions

In a small bowl, mix together yogurt and peanut butter. Add cinnamon, if desired.

Refrigerate leftovers within 2 hours.



Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.



@PurdueNEP

Purdue Extension  
Nutrition Education Program

Purduenep



Resources: [www.nationalpeanutboard.org/peanut-info/who-invented-peanut-butter.htm](http://www.nationalpeanutboard.org/peanut-info/who-invented-peanut-butter.htm)

Purdue University is an equal access/equal opportunity institution. This material was partially funded by USDA's Supplemental Nutrition Assistance Program (SNAP) and USDA's Expanded Food and Nutrition Education Program (EFNEP).