

# Sacks of Snacks



Offering a hand up, not a hand out  
March 1, 2024

Welcome to this week's *Sacks of Snacks*. March 1<sup>st</sup> is Peanut Butter Lovers' Day. I know many people enjoy peanut butter. I have included peanut butter recipes that your children might enjoy making for snacks or packing in their lunch. Send me your child's review of either recipe at [mparcell@purdue.edu](mailto:mparcell@purdue.edu). I value their opinion. If you have questions or concerns, call 926-1189 or email [mparcell@purdue.edu](mailto:mparcell@purdue.edu).

Marcia Parcell, Health and Human Sciences Educator, Purdue Extension – Dearborn County



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Are you interested in learning more about feeding your family on a budget? Healthy living tips? Getting new family friendly recipes? Incentives and kitchen tools to make cooking more enjoyable? Purdue Extension-Dearborn County and the Indiana Nutrition Education Program (NEP) would like to help YOU learn about all these topics and more! Please contact Purdue Extension-Dearborn County at 926-1189 to schedule an appointment with Trenna Jossart, our Nutrition Education Program Advisor, so that you can learn more about healthier eating, healthier cooking, and healthier living!

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Here are some fun facts about peanut butter from the National Peanut Board. Did you know?

- It takes about 540 peanuts to make a 12-ounce jar of peanut butter.
- There are enough peanuts in one acre to make 30,000 peanut butter sandwiches.
- Sixty percent of consumers prefer creamy peanut butter over crunchy.
- The average child will eat 1,500 peanut butter and jelly sandwiches before he/she graduates high school.

## BANANA IN A BLANKET

1 Serving

1 (6-inch) whole wheat tortilla	1 banana, gently rubbed under cold running water
1 tablespoon creamy peanut butter	1 teaspoon honey or maple syrup, optional
1 tablespoon cereal, crunchy nugget type or other variety	

Wash hands with soap and water. Lay tortilla on a plate. Spread peanut butter evenly on the tortilla. Sprinkle cereal over peanut butter. Peel the banana and place on the tortilla. Drizzle honey or maple syrup on banana (optional). Roll the tortilla up.

Source: *University of Nebraska Lincoln, NEP*

## PEANUT BUTTER POWER UP

Servings: 6

½ cup yogurt, non-fat plain	1/3 cup peanut butter
½ teaspoon vanilla	Sprinkles, optional

Wash hands with soap and water. Combine yogurt, vanilla and peanut butter in a small bowl. Mix well. Chill dip in refrigerator until ready to serve. Serve with 1 cup assorted carrot and celery sticks, sliced cucumbers, apples or pear slices. Store leftovers in a sealed container in the refrigerator for up to four days.

Source: <https://food.unl.edu/free-resources/newsletters/food-fun-young-children/peanut-butter-power>



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