

Cooking with Peanut Butter



Peanut butter is a food made from peanuts. Although it is high in fat, peanut butter is a source of protein, magnesium and niacin. These nutrients help us grow and give us energy.

A serving size of peanut butter is 2 tablespoons. This amount is about the size of a Ping-Pong ball.

Uses

Peanut butter and jelly sandwiches are a favorite with both children and adults. You can also use it to make cookies and bread.

Note: Because young children can choke on peanut butter, it is best not to give it to children under 2 years old.

How to store it

Store unopened jars of peanut butter in the pantry and use them within 6 to 9 months for best taste. After a jar is opened, use within 2 to 3 months.

Storing opened jars of peanut butter in the refrigerator may help preserve it a little longer, but it will also make it harder to spread.

Crispy Peanut Squares (makes 2 dozen treats)

What you need

3 tablespoons butter or margarine
10-ounce package of miniature marshmallows
½ cup peanut butter
6 cups crispy rice cereal

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. Use 1 tablespoon of butter or margarine to grease the bottom of a 13- by 9- by 2-inch pan.
3. Melt the other 2 tablespoons of butter in a large saucepan on low heat. Add marshmallows and stir them until they are melted completely. Remove the pan from the heat. Add peanut butter and stir it until it is blended.
4. Add the crispy rice cereal and stir it until the cereal is mixed with the peanut butter.
5. Using the back of a spoon, press the mixture into a buttered pan. Cover and refrigerate it for 30 minutes before cutting it.

Peanut Butter Bread (makes 1 loaf)

What you need

2 cups all-purpose flour
½ cup sugar
2 teaspoons baking powder
1 teaspoon salt
¾ cup peanut butter
1 egg, well beaten
1 cup skim milk

How to make it

1. Wash your hands; make sure your cooking area is clean.
2. In a bowl, mix together the flour, sugar, baking powder and salt.
3. Cut in the peanut butter with a fork.
4. Add the egg and milk and stir it enough to moisten the dry ingredients.
5. Pour the mixture into a greased loaf pan. Bake it at 350 degrees F for about 50 minutes or until a toothpick placed in the center comes out clean. Serve warm.

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Revision