



What Can You Do with...

Peanuts & Peanut Butter?

Peanuts and peanut butter play an important role in the Vegetarian & Vegan Diet. They are sources of heart-healthy monounsaturated fat and protein and can lower your risk of weight gain, since they help keep you feeling full for hours. When used as a snack, they deliver important nutrition that might otherwise be missing from your diet. And they're delicious and affordable, too. Here are some easy ways to include both foods in your daily meals.

1. Mix peanuts, popcorn, and raisins to make your own trail mix.
2. Add chopped peanuts to pasta, grain dishes, or roasted vegetables as a crunchy, tasty garnish.
3. Blend peanuts, lemon juice, garlic, and chickpeas to create a new spin on hummus.
4. Use peanut butter instead of butter or cream cheese to top your favorite whole grain bagel, bread, or English muffin.
5. Spread peanut butter on a celery stalk and top with raisins to make kid-friendly "ants on a log."
6. Enjoy a dollop of peanut butter with your favorite fruit (apples, bananas, pears, etc.) to turn a small snack into a hearty hold-me-over.
7. Layer mini rice cakes with peanut butter and banana slices for a crunchy and satisfying snack.
8. Spread peanut butter on breakfast waffles or pancakes.
9. Blend 1 frozen banana (cut into pieces), peanut butter, soy milk, and three large ice cubes in a blender for a nutritious smoothie.

