SUPPORT HEALTHY AGING
With Peanut Powder

Including peanut powder as a daily part of a balanced diet provides hard-to-get nutrients and plant-based protein, which plays a role in improving muscle growth, size and strength in older adults especially when paired with resistance training.¹

**FUNCTIONAL TIPS FOR ADDING PROTEIN FROM PEANUTS TO THE DIET**²

- **Coat Fish, Chicken or Tofu**
  With peanut powder before cooking.

- **Power Up Pancakes**
  Add peanut powder to pancake batter before cooking.

- **Boost Up Smoothies**
  Add peanut powder to pre- or post-exercise smoothies.

- **Bake In Muffins**
  Mix peanut powder into muffin batter before baking.

- **Stir In Savory Sauces**
  Make a peanut sauce for noodles or a dressing for fresh veggies.

- **Swirl In Soups**
  Blend peanut powder into soup for added protein.

- **Add To Oatmeal**
  Flavor plain oatmeal with peanut powder.

- **Add To Pudding**
  Top pudding with peanut powder.

- **Add To Greek Yogurt**
  Stir peanut powder into Greek yogurt.

Peanut powder is an effective plant-based protein source to counteract age-related muscle loss and promote longevity.

**NOTE:** The base for both peanut powder and peanut flour comes from crushed and defatted peanuts made into a flour form.
Leucine is an amino acid that turns on muscle building and repair, which is essential to support healthy aging. Peanut powder contains approximately a 1/2 gram of leucine per serving.³

HOW MUCH IS NEEDED TO SUPPORT HEALTHY AGING?:

To maximally stimulate the synthesis of new proteins in muscle, older adults may need up to 4.5 grams of leucine per serving.⁴

PUTTING IT ALL TOGETHER: RECIPES USING PEANUT POWDER

1. Open the built-in camera app on your phone
2. Point it at the QR codes below
3. Access recipes made with peanut powder, a versatile, tasty ingredient that provides 8 grams of high-quality plant-based protein in every serving and is easily digestible to help older adults meet daily protein recommendations.

PEANUT POWER BOWL

For the latest research and nutritional information on all forms of peanuts, visit peanut-institute.com.

Get your daily serving of peanut facts, recipes, and more by following us on Facebook, Twitter, Instagram and Pinterest.

References: