Using a healthy mix of protein, vitamins, minerals and healthy fats, peanut butter provides a nutritious balance that’s perfect for helping you feel your best, while making your meals go further. Plus, its flexibility and long shelf life makes it the ideal ingredient for any food mood – from sweet to savory and everything in-between!

**Super Peanut Butter Recipes**

**Superfood. Super Benefits.**

**LIVE HEALTHIER**
Peanuts pack a variety of macro- and micronutrients that are critical to helping you get into top shape.

**LIVE LONGER**
Peanuts contain beneficial nutrients that can help prevent some of the leading causes of death.

**LIVE HAPPIER**
Along with keeping your body feeling its best, peanuts and peanut butter also promote a healthy mind.

- Helps prevent Alzheimer’s disease
- Helps lower risk of cancer
- Helps protect against diabetes
- Helps lower cholesterol
- Helps reduce risk of heart disease

**Cholesterol Free**

**Gluten Free**

**7G of Protein**

19 vitamins and minerals

Good source of heart healthy fats

**One Serving Per Day**

**Superfoodies. Super Benefits.**

**Helps**
- Prevent Alzheimer’s disease
- Reduce risk of heart disease
- Lower cholesterol
- Protect against diabetes
- Lower risk of cancer
- Protect against heart disease
- Reduce risk of heart disease
APPLE BACON PEANUT BUTTER STACKS

Serves 4

With only four ingredients and ten minutes, you can make a quick and easy lunch that delivers hunger-satisfying protein and fiber.

6 slices center cut bacon
2 large gala apples, about 1 pound, cored
8 tablespoons creamy peanut butter
4 ounces thinly sliced deli turkey breast

Heat a medium nonstick skillet over medium and add the bacon; cook, turning once until crisp, 7-8 minutes. Transfer bacon to a plate covered with paper towel to drain. When cool, cut into 2 to 3-inch strips.

Trim off the bottom 1/4 of the apples and cut each in 6 slices. Spread the top of 8 slices each with 1 tablespoon peanut butter. Divide the turkey over 4 of the peanut-butter topped slices; top the other four with the bacon strips.

Build the stacks: start with a turkey-topped apple slice; place a bacon-topped slice on top, and finish with a “plain” apple slice.

2-MINUTE EASY PEANUT SAUCE

If you want some flexibility in your meal prep, this quick and easy peanut sauce can help you pack in nutrition while still providing the freedom to mix it up. Just toss this sauce with your favorite noodles and veggies, and you’re ready to go. We recommend trying it with green onion, thinly sliced red pepper, shredded carrots, or if you’d like to stretch the meal further, shredded cabbage.

1/2 cup creamy peanut butter
3 tablespoons sweet red chili sauce
1 tablespoon apple cider vinegar
1 tablespoon soy sauce
1 tablespoon honey
1/8-1/4 cup hot water (optional)
chopped unsalted roasted peanuts

Measure the peanut butter, sweet red chili sauce, apple cider vinegar, soy sauce, and honey out into a small glass bowl. Whisk together until blended smoothly. Thin with hot water to desired consistency — less water for a thicker dip, more water for a thinner dressing. Garnish with chopped unsalted roasted peanuts. Serve cold.

PEANUT BUTTER OATMEAL ENERGY BALLS

3 Dozen

If you want to enjoy a little extra energy with your nutrition, this recipe makes it easy — plus, you can make a double batch and freeze the extras for later.

1 cup pitted medjool dates or 1 cup prunes
2 cups quick rolled oats
1 cup smooth peanut butter
1/2 cup maple syrup
1 tsp vanilla extract
Pinch of salt
3/4 cup crushed peanuts

Dust in cocoa or drizzle with melted dark chocolate

Process rolled oats in food processor until flour consistency. Add all remaining ingredients and blend until combined into a dough. Use a small ice cream scoop or melon baller to scoop batter. Roll in hands until smooth ball. Roll in crushed peanuts then dust with cocoa or drizzle with chocolate. Store in the fridge or freeze on cookie sheet and then store in airtight container in freezer.