

Fabulous Food

Nutrition and Taste...A "Natural" Combination

(NAPSA)—People are nutty about peanut butter, but very few realize how nutritious this tasty treat can be.

Natural peanut butter is the ideal product for people who want the great taste of peanut butter but don't want hydrogenated oils or added sugar. Natural peanut butter comes in many varieties such as the ones provided by The J.M. Smucker Company, which include Creamy, Chunky, Unsalted and Reduced Fat (which contains 25 percent less fat than regular peanut butter).

Natural peanut butter can provide up to 10 percent of an adult's daily protein requirement in only two tablespoons, and contains 0 grams of trans-fatty acids. A naturally cholesterol-free product, it is also a good source of many essential vitamins including Vitamin E, niacin and folate.

Because natural peanut butter is generally made from peanuts and salt alone, sometimes the natural peanut oil can separate and rise to the top of the jar. Don't worry, the oil simply needs to be stirred back in to enjoy the product. Although natural peanut butter does not require refrigeration, refrigerating the product will help slow further oil separation.

Natural peanut butter is also a "natural" when cooking and baking as its full-bodied taste really brings out the peanutty flavor in all your favorite recipes. Since peanut butter and jelly is a favorite combination for most peanut butter lovers, the following peanut butter and jelly sandwich *cookies* are a welcome addition to any lunch box, afternoon break or late night snack.

Peanut Butter And Jelly Sandwich Cookies

Yield: 48 cookies

- ½ cup Smucker's® Natural Peanut Butter**
- ½ cup unsalted butter**
- ½ cup packed light brown sugar**
- ¼ cup honey**
- 1 large egg**
- 2 cups all-purpose flour**
- ¼ teaspoon salt**
- 1½ teaspoons baking powder**
- 1½ cup Smucker's® Strawberry or Grape Jelly**



Peanut butter and jelly cookies will be a welcome addition to any lunch box.

- 1. Mix peanut butter, sugar, butter, honey and egg.**
- 2. In a separate bowl, whisk together flour, salt and baking powder; add to the peanut butter mixture and mix well.**
- 3. Divide the dough into four equal portions. Wrap each portion in plastic wrap or waxed paper and refrigerate 2 hours or overnight.**
- 4. Remove portions from refrigerator and place each portion between 2 sheets of plastic wrap or waxed paper. Roll each portion into a "sheet" about ⅛-inch thick. (Refrigerate dough again if it becomes too soft to handle).**
- 5. Preheat oven to 350°. Using a drinking glass or cookie cutter, cut dough into circles. Using a smaller drinking glass or cookie cutter, cut smaller circles or "windows" in half the number of circles. Transfer cookies to a non-stick baking sheet, leaving ½-inch between them.**
- 6. Bake all cookies 5-6 minutes or until they're just starting to brown. Using a spatula, transfer the cookies to a cooling rack. When cookies have cooled, spread jelly on the plain cookies and top with the "window" cookies.**

For a free peanut butter recipe brochure, readers should send a self-addressed stamped envelope (two 34¢ stamps and a #10 envelope) to The J.M. Smucker Company, Attn: Natural Peanut Butter Recipe Collection, Consumer Relations Department, P.O. Box 280, Orrville, OH 44667.