



Peanut Facts & Fancies

Peanut Butter Moves Beyond The Sandwich

(NAPSA)—If you're looking for a creative way to add a nutritious twist to snacks, consider peanut butter as a versatile and nutritious option!

Peanut butter is not only a good source of protein, but it also provides better-for-you fats and naturally occurring vitamin E, an important antioxidant. This powerhouse food can be paired with a surprisingly large amount of other snack foods, making it a nutritious alternative to items like chips, cookies and fried food. Plus, with so many peanut butter varieties on the market today, it is easier than ever to find one that fits into a balanced lifestyle—and tastes great, too.

Satisfying the idea of versatility, Peter Pan Peanut Butter relaunched five of its favorite varieties—such as Honey Roast, Reduced Fat, Whipped and others—all offering the great taste of Peter Pan with added benefits. The varieties include many “better-for-you” options that are nutritious, great tasting and give families multiple choices to satisfy everyone's preferences.

The next time you are looking for a great snack option for the family, think about the multi-functional purposes of peanut butter and check out a few of these suggestions for additional fun:



- Peanut butter and banana sandwiches. Likewise, some equally as delicious but lesser-known sandwiches are peanut butter and strawberries, peanut butter and shredded carrots, peanut butter and marshmallow and, finally, peanut butter and chocolate hazelnut spread.

- Peanut butter and fruit. Dipping apple slices into peanut butter makes way for a tasty, satisfying snack.

- Ants on a log. It's a classic kid treat that adults can enjoy as well. Cut celery into 4-inch sticks and fill in the middle with whipped peanut butter for a change. Top with raisins or dried cranberries for the ants.

- Peanut butter and graham cracker stackers. Add layers of fruit. Stack them up to make a fruit “stacker.”

- Nutty toppers. Spread a honey roast peanut butter variety on hot pancakes, waffles or French toast for a unique twist.

- Supermuffins. Frost muffins or flavorful breads such as banana, pumpkin or blueberry with peanut butter. It can also be used to add a luscious layer to coffee cake.

- Better shakes and smoothies. Add some peanut butter to chocolate or banana blender drinks for a snack with a boost.

Healthy Peanut Butter Alternatives with a Twist

With so many varieties of peanut butter to choose from, consider matching these flavors from Peter Pan to any of the above suggestions:

- Honey Roast (creamy and crunchy) made with a touch of honey, rich molasses and roasted peanuts.

- Reduced Fat (creamy and crunchy) has 25 percent less fat than regular peanut butter.

- Plus 8 Essential Vitamins and Minerals (creamy) is fortified with eight essential vitamins and minerals including vitamin A, vitamin E, vitamin B6, iron, folic acid, magnesium, zinc and copper.

- No Sugar Added (creamy) is sweetened with Splenda and contains only 4 grams of carbohydrates per serving.

- Whipped (creamy) spreads easier than regular peanut butter and contains fewer calories and fat per serving.

For more recipes, visit www.peterpanpb.com.