



Peanut Butter



Peanut butter is an excellent kitchen staple because it can be used in so many different ways. Adding peanut butter to your dishes can be a great source of flavor, protein, and healthy fat.

Ways to use peanut butter:

- Add into smoothies or oatmeal at breakfast.
- Use in baked goods like muffins, cookies, and cakes.
- Spread on toast or crackers for a quick snack.
- Mix with sriracha and vinegar to make a nutty, creamy sauce for noodles or vegetables.
- Combine with greek yogurt and honey for an easy homemade fruit dip.

Peanut butter has a long shelf life!

Unopened peanut butter can stay good in the pantry for 6-9 months. After opening, peanut butter can be used for 3-4 months before going bad.



Peanut Butter



Peanut butter is an excellent kitchen staple because it can be used in so many different ways. Adding peanut butter to your dishes can be a great source of flavor, protein, and healthy fat.

Ways to use peanut butter:

- Add into smoothies or oatmeal at breakfast.
- Use in baked goods like muffins, cookies, and cakes.
- Spread on toast or crackers for a quick snack.
- Mix with sriracha and vinegar to make a nutty, creamy sauce for noodles or vegetables.
- Combine with greek yogurt and honey for an easy homemade fruit dip.

Peanut butter has a long shelf life!

Unopened peanut butter can stay good in the pantry for 6-9 months. After opening, peanut butter can be used for 3-4 months before going bad.

Peanut Butter Balls

Servings per recipe: 25 Prep time: 10 minutes

Serving size: 2 Balls Cook time: 0 minutes

Ingredients

1 (15 ounce) can “great northern” white beans (or cannellini), drained and rinsed
1/3 cup honey
1 tablespoon vanilla
1 1/4 cups peanut butter
1 1/2 cups quick-cooking oats

Directions

1. Mash beans with a fork until smooth. Mix in honey and vanilla.
2. Add peanut butter and stir until blended.
3. Add oatmeal and mix.
4. Use a tablespoon to scoop out the mixture and shape into balls. Serve and enjoy!

THE
UNIVERSITY
OF RHODE ISLAND



Store leftover peanut butter balls in an airtight container in the refrigerator or freezer.



Nutrition Facts

25 servings per container	
Serving size	2 balls
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 3g Added Sugars	6%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 1mg	6%
Potassium 63mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.

Peanut Butter Balls

Servings per recipe: 25 Prep time: 10 minutes

Serving size: 2 Balls Cook time: 0 minutes

Ingredients

1 (15 ounce) can “great northern” white beans (or cannellini), drained and rinsed
1/3 cup honey
1 tablespoon vanilla
1 1/4 cups peanut butter
1 1/2 cups quick-cooking oats

Directions

1. Mash beans with a fork until smooth. Mix in honey and vanilla.
2. Add peanut butter and stir until blended.
3. Add oatmeal and mix.
4. Use a tablespoon to scoop out the mixture and shape into balls. Serve and enjoy!

THE
UNIVERSITY
OF RHODE ISLAND



Store leftover peanut butter balls in an airtight container in the refrigerator or freezer.



Nutrition Facts

25 servings per container	
Serving size	2 balls
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 3g Added Sugars	6%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 1mg	6%
Potassium 63mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.