

Peanut Butter Recipes: Part II



Trail Mix Bars



Peanut Butter Breakfast Bars



Grilled PB & J Sandwich



Peanut Broccoli Salad



Fruit Burritos



Peanut Butter Chocolate Cake



Peanut Butter Recipes: Part II

Trail Mix Bars

You will need:

1 (16 oz.) jar chunky peanut butter
 $\frac{1}{2}$ cup sunflower seeds
1 tsp. vanilla

3 cups crispy rice cereal
1 cup honey
3 cups toasted oat cereal

1-1/2 cups raisins
 $\frac{3}{4}$ cup sugar

Instructions:

- Combine dry ingredients in a bowl. Combine honey and sugar in a pan and bring to a boil.
- Add peanut butter and vanilla. Stir until peanut butter melts. Pour mixture over cereal and mix well.
- Press into a 13x9-inch pan and cool.

Peanut Butter Chocolate Chip Muffins

You will need:

$\frac{1}{2}$ cup creamy peanut butter
1 tbsp. baking powder
1-1/4 cups milk
1 tbsp. oil

1-1/4 cups all-purpose flour
 $\frac{3}{4}$ cup rolled oats
1 large egg

$\frac{3}{4}$ cup brown sugar
 $\frac{1}{2}$ tsp. salt
 $\frac{1}{2}$ cup chocolate chips

Instructions:

- Preheat oven to 375 degrees F. Grease 12 muffin cups or use paper liners.
- In a medium bowl, combine flour, oats, brown sugar, baking powder, and salt; mix well.
- In a large bowl, beat together milk, peanut butter, oil, and egg with electric mixer until smooth.
- Fold in dry ingredients just until combined; add chocolate chips. Spoon batter evenly into muffin cups.
- Bake 15 - 18 minutes or until wooden toothpick inserted in center of muffins comes out clean.
- Cool in pan for 5 minutes. Turn onto a wire rack.

Fruit Burritos

You will need:

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| $\frac{1}{2}$ cup creamy peanut butter | 1 cup vanilla nonfat yogurt | 2 cups sliced strawberries |
| 4 (8 inch) flour or whole wheat tortillas | 1 cup fresh blueberries | 2 tsp. cinnamon-sugar mixture |

Instructions:

- In a medium bowl, combine peanut butter and yogurt; mix well.
- Spread peanut butter mixture evenly over tortillas. Top with berries.
- Sprinkle with cinnamon-sugar mixture. Roll and fold filled tortillas.

Grilled Peanut Butter and Jelly Sandwich

You will need:

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| 1 tsp. peanut butter | 2 tsp. butter | 2 slices white bread |
| 2 tsp. any flavor fruit jelly | 2 tsp. cream cheese, softened (optional) | |

Instructions:

- Heat griddle or skillet to 350 degrees F. Spread butter on one side of each piece of bread.
- Spread peanut butter on unbuttered side of **one** piece of bread.
- Spread jelly and cream cheese on the other piece of bread.
- Place one slice buttered side down on the griddle.
- Top with other slice so peanut butter, cream cheese, and jelly are in the middle.
- Cook for 4 minutes on each side, or until golden brown and heated through.

Elvis Presley PB & J Sandwich

- Follow the instructions for the Grilled Peanut Butter and Jelly Sandwich above.
- Add 1 strip of crumbled fried bacon, $\frac{1}{2}$ banana inside each sandwich.
- Cook for 4 minutes on each side, or until golden brown and heated through.
- Mix $\frac{1}{2}$ cup strawberry preserves with 1 tsp. hot pepper sauce and serve as a sauce for dipping.

Peanut Broccoli Salad

You will need:

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| 2 tbsp. chunky peanut butter | 1 tbsp. canola oil | 1 tbsp. mayonnaise |
| 1 tbsp. cider vinegar | $\frac{1}{2}$ tsp. powdered ginger | $\frac{1}{2}$ tsp. sugar |
| 1 (23 oz.) package broccoli slaw | 1 medium tomato chopped | 2 tbsp. fresh cilantro, chopped |

Instructions:

- In a large bowl, combine peanut butter, mayonnaise, vinegar, oil, ginger, and sugar.
- Add broccoli slaw, tomato, and cilantro. Toss well. Serve chilled.

Peanut Butter Chocolate Cake

You will need:

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| $\frac{3}{4}$ cup peanut butter | 2 cups miniature marshmallows | 1 (15.5 oz.) package chocolate cake mix |
| 1-1/4 cups water | 1/3 cup canola or vegetable oil | 3 eggs |
| 1 cup (6 oz.) semisweet chocolate chips | | |

Instructions:

- Preheat oven to 350 degrees F. Sprinkle marshmallows into a greased 13x9-inch baking pan.
- In a large bowl, combine cake mix, water, peanut butter, oil, and eggs.
- Beat for 30 seconds on low speed. Beat on medium speed 2 minutes or until smooth.
- Pour over marshmallows; sprinkle with chocolate chips.
- Bake 30 - 35 minutes or until toothpick inserted near center comes out clean. Cool on wire rack.