

# Fun ways to eat peanuts.

## Ants on a Log

1 large stalk celery, cut into 3 pieces  
3 tablespoons peanut butter  
2 tablespoons raisins

### Step 1

Place the celery pieces on a clean surface, hollow part facing up. Spoon peanut butter into the hollow, and arrange raisins on top. Serve. (Replace raisins with dried cranberries to make Ladybugs on a Log)

## PB Shake

1 frozen banana  
1/4 cup peanut butter  
3/4 cup ice  
1 cup milk

### Step 1

Combine milk, ice, banana, and peanut butter in a blender; blend until smooth. Serve. (Option to add 4 tablespoons chocolate instant breakfast mix)

## Favorite Trail Mix.

1/4 cup peanuts  
1/4 cup sunflower seeds  
1/4 cup dried cranberries  
1/4 cup raisins  
1/4 cup semisweet chocolate chips  
1/4 cup pretzels

### Step 1

Combine in a bowl and serve.

## JANUARY

Celebrate National Peanut Butter Day

## FEBUARY

Celebrate George Washington Carver and Black History Month

## MARCH

Celebrate National Peanut Month

## APRIL

Celebrate National Peanut Butter and Jelly Day

Peanuts can be eaten and celebrated all year long. They are perfect high protein filling snacks and are perfect in desserts.

Try some of these recipes at home or in the classroom!

## Microwave Peanut Brittle

1 cup white sugar  
1/2 cup light corn syrup  
1 cup salted peanuts  
1 teaspoon butter  
1 teaspoon vanilla extract  
1 teaspoon baking soda

### Step 1

Butter a cookie sheet. Combine sugar and corn syrup in a 2 quart glass bowl and microwave on high 4 minutes. Stir in peanuts and microwave on high 3 1/2 minutes more, then stir in butter and vanilla and microwave for 1 1/2 minutes.

### Step 2

Stir in baking soda until light and foamy. Pour onto cookie sheet and spread thin. Cool completely and break into pieces and serve.



## Insta-Pot Boiled Peanuts.

8 cups water  
1 pound green Florida peanuts in shells  
1/4 cup salt

### Step 1

Place water, peanuts, and salt in a multi-functional pressure cooker (such as Instant Pot®) and stir to combine. Close and lock the lid. Select high pressure according to manufacturer's instructions; set timer for 180 minutes. Allow 25 minutes for pressure to build.

### Step 2

Release pressure. Unplug the cooker but keep the lid on. Let peanuts sit for 2 hours for maximum flavor.

## SEPTEMBER

Celebrate National Peanut Day

## OCTOBER

Celebrate #PB Challenge with a donation drive kick-off party\*

## NOVEMBER

Celebrate National Peanut Butter Lover's Month

## DECEMBER

Celebrate Christmas and Hanukkah by making your favorite peanut dish

\*#PB Challenge is Peanut Butter Donation Drive for local food banks.