

Peanuts ON THE *RUN* QUICK, CONVENIENT & DELICIOUS



Eating a small amount of peanuts or peanut butter everyday has been linked to a longer life and prevention of multiple chronic diseases including diabetes, heart disease, hypertension and chronic kidney disease.¹⁻⁴

Peanuts and peanut butter make a convenient breakfast or snack when you're on the go.

Eating peanuts or peanut butter at breakfast has been shown to control blood sugar throughout the day even after lunch.⁵ Morning peanut eaters have also reported feeling full for up to eight hours after consumption.⁵

Check out these 4 nutty breakfast ideas that won't leave you hungry



1. Peanut butter sandwich on mini waffles with jam
2. Peanut butter rollup on a whole grain tortilla with fresh strawberry or banana slices
3. Peanut butter yogurt parfait with honey and crushed graham crackers
4. Peanut butter breakfast cookie (see recipe on back)

Peanuts are also perfect for snack time.

A handful of peanuts provides almost 8 grams of heart-healthy plant protein and 10% of the daily value for fiber.⁶ Research shows that peanut-eaters are leaner, have lower BMIs and smaller waists than non nut-eaters.^{7,8}

Try making your own trail mix with peanuts. Make ahead and portion into sandwich bags for convenient snacks on the go. The serving size is ¼ cup.



1. **Old School** – equal parts peanuts, raisins and chocolate chips.
2. **Spice Market** – equal parts peanuts, pumpkin seeds, sunflower seeds and a pinch of garlic powder, onion powder, and cayenne pepper.
3. **Peanut Power** – equal parts peanuts, dried blueberries, dark chocolate chips and a dash of flax seeds.
4. **PB&J** – equal parts peanuts, dried strawberries, peanut butter chips, shredded mini wheat cereal.
5. **Asian Inspiration** – equal parts peanuts, wasabi peas, sesame sticks, dried ginger.
6. **Movie Night** – equal parts peanuts, chocolate chips, popcorn, dried cranberries.
7. **Monkey Business** – equal parts peanuts, banana chips, raisins and a sprinkle of coconut flakes.



Get creative and try swapping plain or salted peanuts for honey roasted or spicy peanuts. Recent research shows that even flavored peanuts decrease blood pressure.² Study participants who consumed plain, salted or flavored peanuts daily saw significant decreases in blood pressure in just two weeks.²



PEANUT BUTTER BREAKFAST COOKIES

INGREDIENTS:

1/2 cup peanut butter	1/2 cup whole wheat flour
1/4 cup brown sugar	2 tablespoons ground flaxseed meal
2 tablespoons peanut oil	1/2 teaspoon baking soda
1 egg	1/4 cup mini chocolate chips, optional
3/4 cup quick oats	

NUTRITIONAL INFORMATION

Yield: 12 cookies

Calories: 145
Total Fat: 9g
Sat Fat: 0g
Sodium: 110mg
Carb: 14g
Dietary Fiber: 2g
Protein: 5g

Recipe and photo courtesy of Crazy for Crust

INSTRUCTIONS:

Preheat oven to 350F. Line a cookie sheet with parchment paper.

Using a stand or hand mixer, mix peanut butter, brown sugar, and peanut oil until smooth.

Stir in egg, then mix in baking soda, flaxseed meal, oats, and whole wheat flour.

Stir in chocolate chips (optional but yummy).

Scoop uniform size balls of dough onto your cookie sheet. They won't spread, so they can be close together. Press down slightly with the tines of a fork.

Bake for about 9 minutes, until the bottoms start to get golden. Do not remove from cookie sheet until they are completely cooled.

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