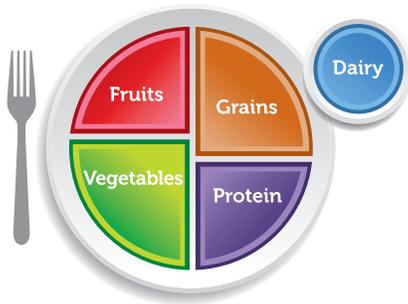


USDA's MyPlate: Pairing with Peanuts

Turn your resolutions into real solutions



Struggling to stick with your New Year's resolution to eat better?

Increase your chances of success and improve your health by using peanuts to pump up the protein of any recipe. Research shows that eating a small amount of peanuts daily can help you live longer by reducing your risk of chronic disease. With more protein than any other nut, heart-healthy oils, and 19 vitamins and minerals, peanuts are a key part of a healthy diet.

We're social:



#PeanutPower

While peanuts and peanut butter can be eaten alone, they are also the perfect partner for every food group. Here's how:



DIY Snacks:

Personalize your trail mix using peanuts, dried fruits and seeds.

Sweet & Savory:

Put peanut butter and strawberries in a tortilla, to make a unique quesadilla.*

Creamy Dips: Stir cinnamon into peanut butter and use as a dip for fresh fruits.



Add a Crunch:

Toss peanuts into your favorite vegetable sauté.

Mix it Up: Blend peanuts into a classic hummus and use it to dip your veggies in.

Liven the Favor: Add peanuts to your best coleslaw recipe to give it a nutty flavor.*



Powerful Protein Shake:

Blend peanut powder into your morning shake.*

Delicious Dessert: Microwave peanut butter and drizzle on top of your favorite ice cream.

Better Breakfast: Stir peanuts or peanut butter into your yogurt.



Rich & Creamy: Stir peanut butter into your oatmeal top with honey and sliced fruit.*

Satisfying Sauces: Use a peanut based sauce to drizzle over your favorite noodle dish.

Swap out Sugar: Spread peanut butter on your pancakes instead of syrup then top with fresh berries.



Stick to Classics: You can't go wrong with a PB&J sandwich!

Make it Crispy: Use peanut flour to bread your chicken, turkey or beef.

Refresh Old Recipes: Stir peanut butter into your favorite chili recipe instead of ground beef.*

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HERE
for more
recipes!**

