

# IT'S NATIONAL PEANUT BUTTER LOVER'S MONTH!

Peanut butter has been making its way into the hearts of Americans since the early 1900s, and with good reason! This spread is not only tasty, but it's also high in protein, heart healthy fats, fiber, vitamins and minerals! When shopping for peanut butter, look for a natural style product with no added sugars and oils.



## HERE ARE SOME TIPS TO ADD THIS HEALTHY SPREAD INTO YOUR DAY, BEYOND A PB & J.

- Spread it on whole wheat toast in place of butter
- Add it to a muffin or pancake mix
- Add it to whole wheat crackers, apples or bananas or celery sticks
- Mix it in smoothies
- Top it on oatmeal
- Add it to sauces for an Asian flare
- Mix it in yogurt

## Frozen Peanut Butter Banana Bites

### Ingredients:

- 2-3 bananas, sliced
- 1/3 cup peanut butter
- 1/2 cup chocolate chips



1. Take two slices of banana and spread a small amount of peanut butter between the two slices and continue doing this to all of them.
2. Place them on a baking sheet that has been covered in parchment paper. Freeze for one hour.
3. Melt chocolate chips in the microwave, in 15-second increments, until melted.
4. Dip one side of each banana bite in chocolate and place back on the parchment paper.
5. Place baking sheet in the freezer until banana bites are completely frozen, and then enjoy!