



**PEANUT
BUTTER
LOVERS**



COOKING WITH PEANUTS

*10 Peanut Recipes the Whole Family
Will Love (+ One For the Dog!)*

WELCOME, PEANUT BUTTER LOVER!

Peanuts are one of the most sustainable, versatile and (yes, we're biased) delicious foods on the planet! Regular consumption of peanuts and peanut butter is linked to reduced risks of cardiovascular disease, diabetes and high blood pressure. So eating peanuts and peanut butter is an easy and tasty way to do something good for your body and the earth.

Peanut Butter Lovers was created out of a love for peanuts and a passion for keeping peanuts America's favorite nut. In dedication to the peanut farmers who make our sticky love possible, Peanut Butter Lovers is committed to being a resource you can trust for reliable, accurate and up-to-date and information about peanuts, peanut butter and other peanut products.

So, without further ado, let's get to the recipes!

This cookbook is a compilation of some of the best, easiest and most popular recipes from our website, peanutbutterlovers.com. Simply put, if you love peanuts and peanut butter, you're going to love these recipes. And, if you're still craving more peanutty goodness after devouring the recipes here, you can pop over to our website and browse hundreds more! Don't forget to check back often or watch for our monthly newsletter as we're frequently adding new recipes.

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ASIAN PEANUT SLAW



servings: **6** (as a side dish)

prep time: **10 minutes**

ingredients

- 1 11 oz. can mandarin oranges
- ¼ cup Asian Sesame dressing
- 2 tbsp creamy peanut butter
- ¼ tsp crushed red pepper
- ½ cup coarsely chopped dry roasted peanuts
- 1 16oz. bag tri-color coleslaw
- Chow Mein Noodles to garnish

instructions

1. Drain juice from mandarin oranges into a mixing bowl and reserve the oranges.
2. Add dressing, peanut butter and red pepper and whisk until well blended.
3. Add peanuts, reserved oranges and coleslaw mix; toss until thoroughly coated.
4. Garnish with Chow Mein Noodles just before serving.

Alternate Serving Suggestion

Add cooked chicken to the slaw and make it into a sandwich wrap for an entrée.

THAI PEANUT VEGGIE DIP



serving size: **2 Tablespoons**

prep time: **10 minutes**

ingredients

- 4 tbsp smooth peanut butter
- 3 tsp lime juice
- 2 tbsp water
- 4 tsp hoisin sauce
- 2 tsp soy sauce
- 2 tsp sriracha

instructions

1. Place all ingredients together in a small bowl and mix until thoroughly combined.
2. Serve with veggies to dip like cucumber spears, carrot sticks, celery sticks, and red or yellow bell pepper slices.

PB&J GRILLED WINGS



servings: **8**

prep time: **10 minutes**

cook time: **20 minutes**

ingredients

- 12-16 chicken wings
- BBQ seasoning
- ½ cup creamy peanut butter
- ½ cup grape jelly
- 1-2 tsp Sriracha hot sauce
- 1 tbsp apple cider vinegar

instructions

1. Heat grill to a medium-high temperature (400–450°F).
2. While grill is heating, remove and discard the wing tips and season the wings with your favorite BBQ seasoning.
3. Place wings over direct heat and grill, flipping once, until the wings reach an internal temperature of 163°F.
4. While chicken is grilling, combine peanut butter, grape jelly, Sriracha, and vinegar in a saucepan over medium heat. Stir until thoroughly combined.
5. When the wings are at an internal temperature of 163°F, toss the wings in the sauce or brush the sauce on both sides of the wings. After saucing, continue cooking the wings about 2 minutes per side until the sauce is sticky to the touch.
6. Remove from heat and allow wings to rest for about 5 minutes before serving.

Visit peanutbutterlovers.com/sustainability for more facts, education and sustainable recipes!

SPOTLIGHT ON

SUSTAINABILITY

With Chef
Steven Satterfield

Peanuts are one of the most sustainable plant-based proteins available. And with sustainability as one of today's hottest topics, this makes peanuts a smart choice for consumers, farmers and chefs alike.



Peanut Sustainability Facts

- Peanuts actually conserve water, using just a fraction of what other plants, especially other nuts, require.
- Peanuts improve the quality of the soil by adding nitrogen, which minimizes the need for excess tilling and fertilizers.
- Peanuts are nature's original zero waste crop as 100% of the plant has applications that go well beyond food including faux wood products, shipping containers, mulch and more.

Steven Satterfield Executive Chef/Co-owner, Miller Union

Chef Steven Satterfield is a nationally-recognized voice on issues related to food sustainability. As a Georgia native, Satterfield feels a natural connection to peanuts since Georgia alone produces over half of the peanuts in the US.

Satterfield is the executive chef and co-owner of Miller Union, an award-winning, restaurant located in Atlanta, Georgia. Since opening in 2009, the restaurant has received various honors on national lists including *Eater*, *Bon Appetit*, *Food & Wine* and *Esquire*. In 2017, Satterfield released his second cookbook, *Peanuts*. Later that year he was named "Best Chef: Southeast" by the James Beard Foundation. Satterfield's dedication to seasonal cooking and local, sustainable farming is the driving philosophy behind everything he does.



Snapper in Peanut Tomato Broth with Coconut Rice, recipe on next page

SNAPPER IN PEANUT TOMATO BROTH WITH COCONUT RICE

Recipe courtesy of Chef Steven Satterfield

servings: **4**

prep time: **15 minutes**

cook time: **30 minutes**

ingredients

Rice

- 1 cup jasmine or basmati rice
- 1 tbsp minced lemongrass
- 1 tbsp minced garlic
- 1 tsp fine sea salt
- 14 oz can coconut milk

Stew

- 1 tbsp vegetable oil
- 1 yellow onion, diced
- 1 red bell pepper, diced
- 2 garlic cloves, minced
- 1 tbsp kosher salt
- 14 oz can diced tomatoes
- ½ cup natural peanut butter
- ½ tsp turmeric
- 2 tsp paprika
- Juice of 1 lime
- 1 ½ cups snapper filet with skin, pinbones removed, cut into bite size pieces
- Freshly ground black pepper
- 2 heads baby bok choy, cut into bite-size pieces
- Cilantro leaves for garnish
- Chopped roasted peanuts for garnish

instructions

Make the Rice

1. In a small saucepan over medium heat, combine the rice, lemongrass, garlic, salt, ½ cup water and the coconut milk.
2. Bring to a boil then reduce heat to low and cover.
3. Cook for 15 to 20 minutes or until the rice is tender and the liquid has been absorbed.
4. Remove the pan from the heat and set aside.

Make the Stew

1. In a medium high-sided sauté pan, warm the oil over medium heat. Add the onion, pepper, garlic and salt and stir to combine. Cook for 5 minutes, stirring frequently, until onion is translucent.
2. Add the tomatoes, peanut butter, turmeric and paprika and stir well to incorporate. Bring the mixture to a simmer, stir in the lime juice and ½ cup of water, and remove the pan from heat.
3. Use an immersion blender to blend until smooth (alternate: transfer in batches to blender and blend until smooth – making sure to leave a vent for steam to escape – and then return to the sauté pan).
4. Season the snapper liberally with salt and pepper. Return the tomato-peanut pureé to medium heat.
5. Add the bok choy and simmer until tender, about 4 minutes. Add the seasoned snapper and gently stir until the fish is well coated. Reduce the heat to medium low, then cover and simmer for 5 minutes or just until the fish is cooked through but still tender. Taste for seasoning and adjust as needed.

To Serve

1. Using a large scoop, divide the cooked rice to form four firm balls in the center of four wide soup bowls.
2. Spoon the fish stew around the rice.
3. Garnish with cilantro and roasted peanuts. Serve immediately.

THAI PEANUT NAAN PIZZAS



Recipe courtesy of Chef Brittany Garrigus-Cheatham and Eat Y'all

servings: **4**

prep time: **10 minutes**

cook time: **20 minutes**

ingredients

Peanut Sauce

- ¼ cup creamy peanut butter
- 3 tbsp Asian Sesame Dressing
- 1 tsp soy sauce + 1 tbsp water

Pizza

- 2 Naan Flatbreads
- 1 cup mozzarella cheese
- 1 red pepper, sliced
- ½ cup shredded carrots
- ¼ cup chopped peanuts
- 1 cup shredded chicken
- Fresh chopped cilantro
- Sriracha hot sauce (optional)

instructions

1. Preheat oven to 425°F.
2. For the peanut sauce, mix together peanut butter, sesame dressing, water, and soy sauce until blended.
3. Place Naan on a baking sheet. Divide peanut sauce between the two pizzas, spreading sauce to the edge. Top pizzas with cheese, veggies, and chicken.
4. Bake pizzas until cheese is melted. Garnish with sriracha drizzle, fresh cilantro, and roasted peanuts. Cut into quarters to serve.

PEANUT BUTTER BREAKFAST BREAD PUDDING WITH MAPLE-PEANUT SAUCE



Winner of the 2018 Peanut Butter Lovers Recipe Contest

servings: **4**

prep time: **10 minutes**

cook time: **40 minutes**

ingredients

- $\frac{1}{3}$ cup creamy peanut butter
- 2 eggs
- $\frac{1}{2}$ cup granulated sugar
- $\frac{2}{3}$ cup milk
- 1 $\frac{1}{2}$ tsp pure vanilla extract
- $\frac{1}{2}$ tsp salt
- 4 cups brioche or challah bread cut into $\frac{3}{4}$ -inch cubes
- $\frac{2}{3}$ cup pure maple syrup
- $\frac{1}{3}$ cup creamy peanut butter
- $\frac{1}{3}$ cup crushed peanuts

instructions

1. Preheat oven to 350°F. Butter four 4-ounce ramekins.
2. Mix $\frac{1}{3}$ cup peanut butter, eggs, sugar, milk, vanilla and salt. Toss bread cubes in mixture until thoroughly coated. Divide evenly among prepared dishes.
3. Bake until custard is set in the middle and the top is golden, about 35-40 minutes. *Note: If tops of bread brown too quickly, cover ramekins loosely with aluminum foil.*
4. While pudding is baking, blend $\frac{1}{3}$ cup peanut butter with maple syrup; transfer to small saucepan and heat on low until thoroughly warmed.
5. To serve, drizzle ramekins with maple-peanut sauce and garnish with chopped peanuts and powdered sugar.

Budget-Friendly Tip

Substitute pancake syrup for pure maple syrup, and whole wheat rolls for the brioche or challah bread to reduce the cost of this recipe.

NUTTY MONKEY GRANOLA



serving size: $\frac{1}{2}$ cup

prep time: **15 minutes**

cook time: **30 minutes**

ingredients

- 2 cups old-fashioned oats
- 1 tsp baking powder
- $\frac{1}{4}$ cup coconut flakes
- $\frac{1}{3}$ cup chopped peanuts
- $\frac{1}{4}$ cup sunflower seeds
- $\frac{1}{4}$ cup pumpkin seeds
- 3 tbsp ground flax
- 2 tbsp chia seeds
- 1 banana
- 1 egg white
- $\frac{1}{4}$ cup peanut butter
- $\frac{1}{4}$ cup dried cranberries
- $\frac{1}{4}$ cup chocolate chips

instructions

1. Heat the oven to 375°F and line a large baking sheet with parchment paper.
2. Combine the first eight ingredients in a large mixing bowl.
3. Use a blender to combine the banana, egg white, and peanut butter until smooth. Pour the peanut butter mixture over the oat mixture and stir until incorporated. Pour the mixture in an even layer on the baking pan.
4. Bake until crisp (about 20-30 minutes), removing from the oven and stirring every 10 minutes to allow the granola to brown evenly and break up into smaller pieces.
5. When the granola is golden and crisp, remove from the oven and stir in the cranberries and chocolate chips (chocolate chips should melt a little).
6. Allow to cool completely before storing in an air-tight container.

PEANUT BUTTER FUDGE



Recipe courtesy of Chef Dwayne Ingraham and Eat Y'all

serving size: **2 squares**

prep time: **10 minutes**

cook time: **15 minutes**

set time: **1 hour**

ingredients

- 2 cups sugar
- ½ cup evaporated milk
- ¼ cup honey
- ¼ cup heavy cream
- ¼ cup molasses
- 2 tbsp corn syrup
- ½ tsp salt
- ¾ cup creamy peanut butter
- ⅓ cup marshmallow creme

instructions

1. Combine sugar, evaporated milk, honey, cream, molasses, and corn syrup in a heavy saucepan. Cook to 243°F on a candy thermometer or the “soft ball stage” when dripped into a bowl of cold water.
2. Remove from heat and stir in salt, peanut butter and marshmallow crème. Stir until mixture turns creamy and opaque.
3. Pour into a greased pan and allow to set. Once cooled, removed from the pan and cut into squares. Store in an airtight container.

The “Soft-Ball Stage” in Candy-Making, Explained

You have reached the “soft-ball stage” once a small amount of your sugar mixture forms a soft, pliable ball when transferred to cold water.

PEANUT BUTTER CRUNCH MOUSSE



Recipe courtesy of Chef Brittany Garrigus-Cheatham and Eat Y'all

servings: **12**

prep time: **20 minutes**

ingredients

Peanut Butter Mousse

- 3 cups heavy cream, cold
- 1 ¼ cup creamy peanut butter
- 9 oz cream cheese, softened
- ¼ cup powdered sugar
- 1 tablespoon honey
- 1 teaspoon vanilla

Peanut Butter Crunch Topping

- ¾ cup creamy peanut butter
- ½ cup chopped peanut brittle
- 1 ½ cup corn flakes cereal
- ¾ cup powdered sugar
- ½ teaspoon salt

instructions

1. Using a cold bowl, whip heavy cream into soft peaks. Set aside.
2. In a mixer with paddle attachment (or an electric hand mixer), cream the peanut butter, cream cheese, powdered sugar, honey, and vanilla until smooth. Scrape down the sides of the bowl as necessary.
3. Fold in whipped cream. Set mousse in refrigerator until ready to serve. *Pro tip: place mousse in a piping bag or Zip-Loc® bag to make transfer to jar cleaner.*
4. For topping, mix together all Peanut Butter Crunch ingredients.
5. To serve, place 2 tablespoons Peanut Butter Crunch in the bottom of a small container like a quarter-pint canning jar. Pipe or scoop peanut butter mousse on top of the peanut butter crunch. Finish with a sprinkle of Peanut Butter Crunch on top.

PEANUT BUTTER SHAKE



servings: **1 shake**

prep time: **5 minutes**

ingredients

- 2 tbsp peanut butter
- 2 tbsp powdered peanut butter
- 1 scoop protein powder*
- 1 cup milk
- Ice

*Chocolate, Vanilla or Strawberry work best in this recipe.

instructions

1. Combine all ingredients in blender and blend until smooth.
2. Serve and enjoy!

Raise a glass to **#AmericasPBFarmers** with Johnathan's favorite Peanut Butter Shake!

Father-son duo, Carl and Jonathan Sanders are fourth- and fifth-generation farmers in Dothan, Alabama. After farming 250 acres of peanuts and nearly 800 acres of additional crops, Johnathan likes to recharge with a cold beverage.

PEANUT BUTTER PUMPKIN DOG TREATS



serving size: **1 treat**

prep time: **15 minutes**

cook time: **15 minutes**

ingredients

- 1 ½ cups old-fashioned oats
- ½ cup peanut butter
- ½ cup pumpkin

instructions

1. Pre-heat oven to 350°F.
2. Process the oats in a food processor for a flour-like consistency.
3. In a medium bowl, combine the processed oats, peanut butter and pumpkin until completely combined.
4. Use a rolling pin, to roll the dough to about ¼-inch thick. Use a cookie cutter to shape biscuits and place on a cookie sheet (no preparation required or use parchment if desired).
5. Bake for 15 minutes. Cool completely and store in an airtight container.

Hungry for More PB Recipes?

There's more sticky, peanutty goodness where all these recipes came from!

Visit our website for the entire collection of peanut butter recipes!

From soup to nuts (literally), we've got peanut recipes in many different categories and cuisines sure to fit your palette.

[**peanutbutterlovers.com/recipes**](https://peanutbutterlovers.com/recipes)

Don't see a recipe that fits your needs?

Email us and we'll help you find the perfect recipe.

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