

# Peanut Butter Lovers

## Breakfast Elvis

YUM!

- Spread** Spread butter on 2 slices of bread. Slice bananas and place on bread. Cover and make a sandwich.
- Beat** Together 1/4 cup of milk, 2 eggs and 1 tsp of vanilla extract.
- Dip** Dip sandwiches and allow them to soak in mixture.
- Melt** Butter in skillet and cook until golden brown on each side.
- Drizzle** Drizzle mixture over or drizzle with confectioners sugar and serve warm.

## Yummy PEANUT BUTTER PANCAKES

2 BANANAS

2 Tbsp PEANUT BUTTER

2 EGGS

1 Tbsp OIL

1 dl Rye Flour

1 dl Light Frosting

PEEL THE BANANAS

USE A BLENDER TO MIX THE BANANAS WITH ALL THE INGREDIENTS UNTIL YOU HAVE A SMOOTH PASTE

HEAT UP A FRYING PAN & ADD THE OIL

FRY THE SMALL PANCAKES MEDIUM HEAT

serve with FRESH BERRIES & VANILLA ICE CREAM

## GAME NIGHT

...RULES OF PLAY...

Combine: 1/2 melted butter, 1/2 peanut butter, 1/2 fresh vanilla, 1/2 1/4 cup sugar, 1/2 1/4 cup flour, 1/2 1/4 cup cocoa, 1/2 1/4 cup chopped pecans

Shape into balls. Chill.

Melt 12 oz. chocolate chips

Dip chilled peanut butter balls into chocolate & set on wax paper.

Sprinkle with sea salt. Chill.

## CHOCOLATE PEANUT BUTTER GRANOLA

INGREDIENTS: COCONUT OIL, CHOCOLATE CHIPS, PEANUT BUTTER, COCONUT POWDER, FLAXSEED, HONEY, DARK CHOCOLATE, OATS, VANILLA EXTRACT, SALT, LARA BARS

PREPARE OVEN TO BROIL. PRE-DRY OATS. ADD WET INGREDIENTS. Toss mixture. After 10 baking sheet and BAKE FOR 25-30 MINUTES. (Do not broil until you hear the oven beep)

## PB DOG TREATS!

EASY & DELICIOUS (OR SO THEY TELL ME)

1/2 CUP CREAMY PEANUT BUTTER

1/2 CUP WHOLE WHEAT FLOUR

1/2 CUP APPLICATOR OR PIPING BAG

PREPARE OVEN TO BROIL

COMBINE ALL INGREDIENTS

THE DOGS WILL BE HAPPY TO GET ALL THE TREATS THEY CAN GET WITH YOUR PEANUT BUTTER DOG TREATS

## PEANUT BUTTER PASTA

INGREDIENTS: 1/2 CUP PEANUT BUTTER, 1/2 CUP WHOLE WHEAT FLOUR, 1/2 CUP APPLICATOR OR PIPING BAG, 1/2 CUP WHOLE WHEAT FLOUR, 1/2 CUP APPLICATOR OR PIPING BAG, 1/2 CUP WHOLE WHEAT FLOUR, 1/2 CUP APPLICATOR OR PIPING BAG

INSTRUCTIONS: PREPARE OVEN TO BROIL. COMBINE ALL INGREDIENTS. THE DOGS WILL BE HAPPY TO GET ALL THE TREATS THEY CAN GET WITH YOUR PEANUT BUTTER DOG TREATS.

## Peanut Butter Banana Smoothie with Spinach!

blend and enjoy

INGREDIENTS: 1/2 cup PB, 1/2 cup milk, 2 eggs, 1/2 cup banana, 1/2 cup spinach, 1/2 cup yogurt, 1/2 cup granola, 1/2 cup oats, 1/2 cup milk, 1/2 cup greek yogurt

## Chocolate Peanut Butter Nice Cream

Combine cocoa, peanut butter, bananas and milk in a food processor

Press until smooth

Pour into a bag, freeze for about an hour

Enjoy & Share!

## PB & BANANA OATMEAL MUFFIN IN A MUG

1 Tbsp PEANUT BUTTER, 1 Tbsp GROUND FLAXSEED, 1/2 C. OLD-FASHIONED OATS, 1 Tbsp CHOPPED WALNUTS, 1/2 BANANA, CHOPPED, 1 EGG

1. SPRAY MUG WITH NON-STICK COOKING SPRAY.

2. ADD PEANUT BUTTER, MIXED FOR 10 SECONDS.

3. ADD IN REST OF INGREDIENTS AND STIR.

4. MICROWAVE FOR 2 MINUTES.

## peanut butter veggie coconut chop

FEEDS 4, TAKE 30 MINUTES, GREAT LEFT OVERS, COCONUT MILK, you could use peanut butter (if you're a fan), garlic, salt, pepper, olive oil

combine noodles, veggies & sauce

garnish with chopped peanuts

YUM! enjoy!

## FROZEN PEANUT BUTTER BANANA CHOCOLATE TREATS

1. SLICE one banana

2. FREEZE slices on plate over night

3. 1 T COCONUT OIL, 2 T PEANUT BUTTER, 1 T COCOA POWDER, STEVIA TO TASTE

4. DID frozen banana slices and mixtures in

5. LET SET and harden

6. EAT!

## PEANUT Cream Punch

3 Tablespoons Peanut Butter

2 oz Rum, 2 oz Cacao Creme

First dissolve the peanut butter in the Rum & Cacao Creme

They add 2 oz Light Cream & Ice Cubes

Shake well and strain into a chilled glass.

2019 CALENDAR

PRODUCED BY SOUTHERN PEANUT GROWERS



**1 Spread**  
peanut butter on 2 slices of bread. Slice banana and place on bread. Cover and make a sandwich.



**2 Beat**  
together  
3/4 cup of milk, 2 eggs and 1 tsp. of vanilla extract.



**3 Dip**  
sandwiches and allow time to soak mixture in.



**4 Melt**  
butter in skillet and saute until golden brown on each side.



**5 Drizzle**  
with maple syrup or dust with confectioners' sugar and serve warm.



January

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Illustrator:  
Mariel Cartin  
Website:  
marielcartin.com

# CHOCOLATE PEANUT BUTTER GRANOLA



February

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Illustrator:  
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@thingstaramakes



# Peanut Butter Banana Smoothie

with Spinach!

- ingredients**
- 1/4 cup PB
  - 2 ripe bananas
  - 1 cup spinach
  - 1/2 cup yogurt
  - 1/4 cup milk
  - 2 tbsp cacao nibs
  - 1 tbsp PB granola
  - 1 tsp chia seeds

**blend and enjoy**

- top with:**
- extra PB
  - chia seeds
  - PB granola
  - cacao nibs

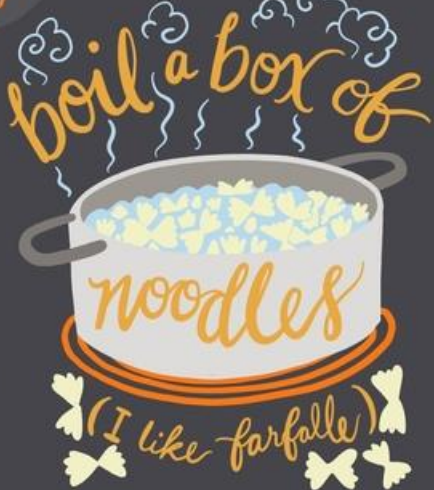
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Illustrator:  
Delight Grace  
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@delightfullybe

vegan  
peanut butter  
coconut  
veggie  
noodle  
mash

FEEDS 4  
TAKES 30 MINUTES  
MAKES GREAT LEFT-OVERS



April

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Illustrator:  
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# yummy PEANUT BUTTER PANCAKES

2 port

2 BANANAS



2 tbsp PEANUT BUTTER



2 tbsp OIL



2 EGGS



1 dl Rye flakes



1 dl HIGH FIBRE Oatmeal



PEEL THE BANANAS

USE A BLENDER TO MIX THE BANANAS WITH ALL THE INGREDIENTS UNTIL YOU HAVE A SMOOTH PASTE

HEAT UP A FRYING PAN & ADD THE OIL FRY THE SMALL PANCAKES MEDIUM HEAT

serve with: FRESH BERRIES (& VANILLA ICE CREAM)



May

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Illustrator:  
Anna Lindsten  
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@annalindsten



# PB DOG TREATS!

EASY & DELICIOUS  
(OR SO THEY TELL ME)

1/2 CUP CREAMY PEANUT BUTTER  
 ONE CUP WHOLE WHEAT FLOUR  
 1/4 CUP APPLESAUCE (OR PUMPKIN)  
 1/4 CUP BROTH (OR WATER)

PREHEAT OVEN TO 350°  
 COMBINE ALL INGREDIENTS  
 THE DOUGH WILL BE FAIRLY DENSE  
 ROLL TO 1/4 INCH THICK AND CUT  
 WITH YOUR FAVORITE COOKIE CUTTER  
 BAKE FOR 17-20 MINUTES - LET COOL  
 OFFER THEM TO THE PUPS!

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Illustrator:  
Leticia Plate  
Website:  
leticiaplate.com



July

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Illustrator:  
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swirlsofviolet.com



# FROZEN PEANUT BUTTER BANANA CHOCO TREATS

1. SLICE one banana

2. FREEZE slices on plate over night.

3.

1 T coconut oil  
2 T PEANUT BUTTER  
1 T cocoa powder  
Stevia to taste

4. DIP frozen banana slices in mixture to coat.

5. Let SET and harden.

6. EAT!



August

Illustrator:  
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melissaiwai.com

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# GAME NIGHT

## ...RULES of PLAY...

Combine:  
1 c. melted butter  
1 c. peanut butter  
1 tsp. vanilla  
3 1/2-4 c. 10x sugar  
1 1/2 c. flaked, sweet coconut  
1 1/2 c. chopped pecans

Shape into balls. Chill.

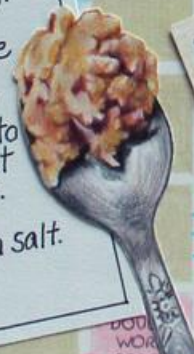
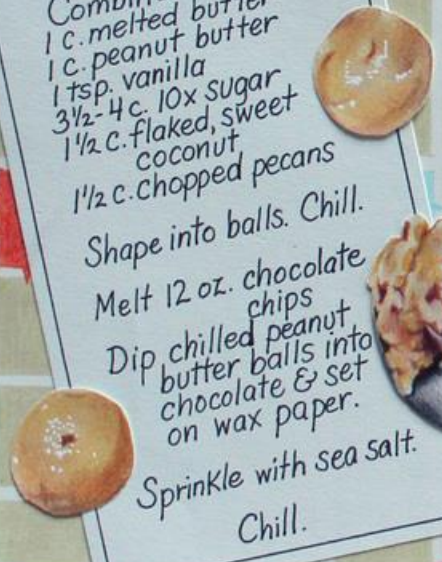
Melt 12 oz. chocolate chips

Dip chilled peanut butter balls into chocolate & set on wax paper.

Sprinkle with sea salt.

Chill.

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# September

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Illustrator:  
Joan Chamberlain  
Website:  
[jchamberlaindesigns.com](http://jchamberlaindesigns.com)



### INGREDIENTS

- 2 CARROTS, PEELLED AND GRATED
- 1 TBSP VEGETABLE OIL, DIVIDED
- 2 TSP GRATED, FRESH GINGER
- 3 CLOVES MINCED GARLIC
- 1 C CHICKEN OR VEGETABLE BROTH
- 1/2 C PEANUT BUTTER
- 1/4 C SOY SAUCE
- 3 TBSP RICE WINE VINEGAR
- 1 TSP CHILI GARLIC SAUCE
- 2 C RED BELL PEPPER STRIPS
- 1 LB. SNOW PEAS, TRIMMED
- 1 LB. HOT, COOKED LINGUINI
- 1/2 C CHOPPED FRESH CILANTRO

### INSTRUCTIONS

HEAT 1 TSP OIL IN A SMALL SAUCE PAN OVER MEDIUM HEAT. ADD GINGER AND GARLIC; SAUTE 30 SECONDS. ADD BROTH AND NEXT 4 INGREDIENTS. STIR UNTIL WELL BLENDED. REDUCE HEAT AND SIMMER 7 MINUTES, SIRRING OCCASIONALLY. REMOVE FROM HEAT AND KEEP WARM. HEAT 2 TSP OIL OVER MEDIUM-HIGH HEAT. ADD PEPPERS AND PEAS AND SAUTE UNTIL TENDER. COMBINE WITH CARROTS AND PEANUT BUTTER MIXTURE AND LINGUINE. TOSS WITH FRESH CILANTRO.

MITZIETESTANI.COM

October			1	2	3	4	5
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	27	28	29	30	31	Illustrator: Mitzie Testani Website: mitzietestani.com	

# PB & BANANA OATMEAL MUFFIN IN A MUG



- 1 TBSP PEANUT BUTTER
- 1 TBSP GROUND FLAXSEED
- 1/2 C. OLD FASHIONED OATS
- 1 TBSP. CHOPPED WALNUTS
- 1/2 BANANA, CHOPPED
- 1 EGG

1. SPRAY MUG WITH NON-STICK COOKING SPRAY.
2. ADD PEANUT BUTTER, MICROWAVE FOR 10 SECONDS.
3. ADD IN REST OF INGREDIENTS AND STIR.
4. MICROWAVE FOR 2 MINUTES.



November

Illustrator:  
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[heatherpowersillustration.com](http://heatherpowersillustration.com)

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2 OZ Cacao Crème



2 OZ Rum



3 Tablespoons Peanut Butter

First dissolve the peanut butter in the Rum & Cacao Crème

Then add 2 OZ Light Cream & Ice Cubes



LIGHT CREAM



Shake well and strain into a chilled glass.



December

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