

HEALTHIER *Holidays* with PEANUTS

SAVOR THE SEASON
with our favorite
PEANUT-POWERED RECIPES.



Whether you're looking to get a boost in energy, help with lowering stress, or nutritional support for all year 'round, peanuts are the gift that keeps on giving. That's why we've asked a few of our friends to share some of their favorite peanut-powered recipes, in one festive book. How's that for spreading good cheer?



SHORTCUT TERIYAKI CHICKEN SKEWERS *with* SPICY PEANUT SAUCE

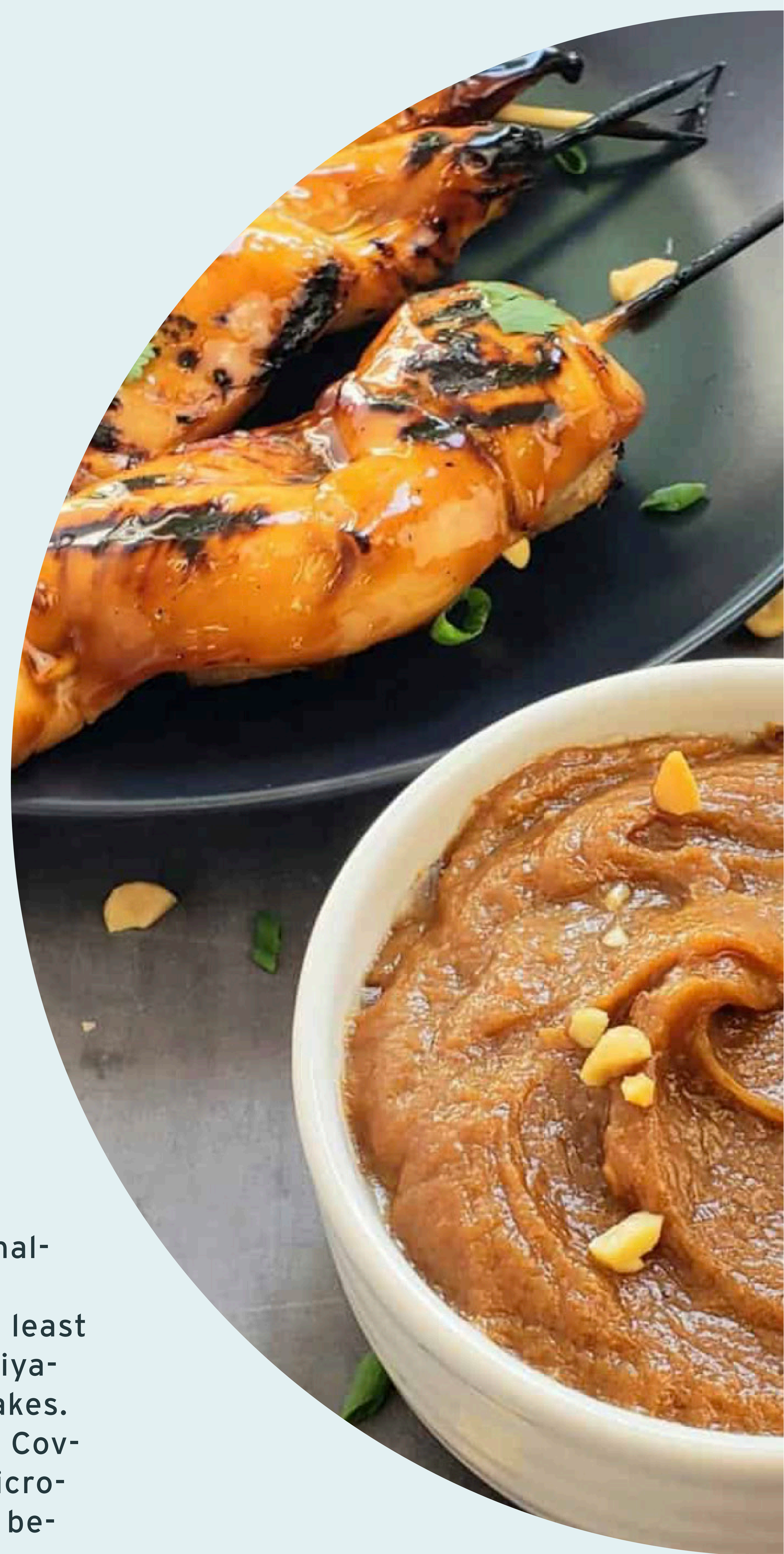
KATHLEEN ROYAL PHILLIPS
GRITSANDGOUDA.COM

INGREDIENTS

12 chicken tenders (about 2 pounds)
1 cup teriyaki sauce or marinade, divided,
plus more for brushing
1/3 cup creamy peanut butter
3 tablespoons coconut milk (canned but not sweetened)
1/4 teaspoon crushed red pepper flakes or 1/2 teaspoon
hot sauce
12" wooden or metal skewers
Chopped green onions, fresh cilantro sprigs,
chopped peanuts

INSTRUCTIONS

Place the chicken tenderloins in a large plastic zip-top bag or in a shallow casserole. Add 2/3 cup of the teriyaki sauce to the chicken and squeeze the bag to coat the chicken. Seal the bag and refrigerate at least 8 hours (up to 24 hours for maximum flavor). Whisk together 1/3 teriyaki cup sauce, peanut butter, coconut milk and crushed red pepper flakes. For a thinner sauce, add more teriyaki sauce, 1 tablespoon at a time. Cover and refrigerate at least 1 hour to meld flavors. (To serve warm, microwave on HIGH for 30 seconds, stirring until smooth.) Thirty minutes before ready to grill the chicken, if using wooden skewers, soak them in water in a zip-top bag or casserole dish. This will help prevent the skewers from burning while grilling. Prepare a gas or charcoal grill according to manufacturer's directions to achieve medium-high heat (about 375F to 400F degrees). Remove the chicken from the zip-top bag, thread each one onto a skewer and place on a large plate; discard this marinade. Coat the grill grates with vegetable oil and immediately place the chicken skewers on the grill. Close the lid and cook for 6 minutes or until grill marks appear on the underside of the chicken. Turn chicken over with tongs and grill 5 minutes or until chicken registers 160F degrees with an instant read thermometer. If desired, brush with additional teriyaki sauce just before removing from the grill. Place the chicken skewers on a clean plate and serve with Spicy Peanut Sauce or over rice. Garnish with green onions, fresh cilantro and chopped peanuts.



SHORTCUT BOILED PEANUT HUMMUS

KATHLEEN ROYAL PHILLIPS
GRITSANDGOUDA.COM

INGREDIENTS

1 tablespoon sesame seeds
2 (13.5-ounce) cans boiled peanuts, drained and shelled (or 1 cup shelled boiled peanuts)
1 tablespoon fresh lemon juice
1/2 teaspoon garlic paste or 2 large garlic cloves, chopped
1/4 teaspoon hot sauce or 1/8 teaspoon ground red pepper
1/4 cup extra virgin olive oil plus more for serving
Chopped roasted peanuts

INSTRUCTIONS

Place sesame seeds in a small skillet. Turn on medium heat and toast 2-3 minutes, stirring constantly, until seeds are golden brown. (Toasting the seeds makes all the difference in the flavor of the hummus.) Add the warm toasted seeds to a food processor, or blender; cover with the lid and process 30 seconds or until the seeds are finely ground. Add the shelled, boiled peanuts, lemon juice, garlic paste and hot sauce. Cover with the lid and process until the peanut mixture is pureed, stopping to scrape down sides as needed. Pour the oil in a thin stream through the top chute while the processor is running, stopping to scrape down sides. Spoon hummus into a shallow bowl; cover and place in the refrigerator at least one hour to chill and let flavors meld. Drizzle additional olive oil over hummus before serving, if desired. Sprinkle with chopped peanuts. Serve cold or at room temperature with pita chips, fresh pita bread wedges, carrot slices, bell pepper cubes or cucumber slices.



PEANUT BUTTER SWEET POTATO BREAD

AMBER PANKONIN (STIRLIST.COM)

INGREDIENTS

1-1/2 cups All Purpose Flour
1/2 teaspoon salt
1 teaspoon cinnamon
1/4 teaspoon nutmeg
1 teaspoon baking soda
1 cup mashed sweet potato
1/2 cup creamy peanut butter
2 eggs
4 tablespoons butter, melted
1/4 cup + 2 tablespoons stevia sugar blend
for baking
1 teaspoons vanilla extract
1/3 cup roasted peanuts, chopped

INSTRUCTIONS

Spray a 9 x 5 baking pan with nonstick cooking spray and preheat the oven to 350F degrees. Combine flour, salt, cinnamon, nutmeg and baking soda. Set aside. Combine mashed sweet potato, peanut butter, eggs, butter, stevia blend and vanilla. Add dry ingredients to wet ingredients and mix until combined. Be careful not to over mix. Pour mixture into a baking pan and top with chopped peanuts. Bake for 50 minutes and remove from the oven.



PEANUT BUTTER *and* JELLY FRENCH TOAST CASSEROLE

KATHLEEN ROYAL PHILLIPS
GRITSANDGOUDA.COM

INGREDIENTS

12 slices thick-cut hearty white bread [e.g. one (16.4 oz) loaf Sara Lee Artesano bread]
1/2 cup creamy peanut butter
6 tablespoons grape jam or jelly
3 large eggs
1 1/4 cups whole milk
1 teaspoon vanilla extract
3/4 cup sugar
1/4 teaspoon salt
2 tablespoons salted butter
Powdered sugar or maple syrup (optional)

INSTRUCTIONS

Prepare a 13x9 inch baking dish by coating with cooking spray or lightly greasing with butter. Spread a rounded tablespoonful of peanut butter on 6 slices of bread. Spread 1 level tablespoonful of jam or jelly on the other 6 slices of bread. I leave the crust on! Place the two slices of bread together to make sandwiches. With a serrated knife (steak knife will work), make one cut down the middle of each sandwich lengthwise. Then, make two crosswise cuts across the lengthwise cut. This will create 6 pieces. Arrange 6 pieces across the short end, with the cut side up. Repeat this procedure with the remaining pieces. In a medium bowl, beat eggs with a fork or whisk. Gradually whisk in milk, then add sugar and salt. Drizzle this mixture slowly over the sandwich pieces until all pieces are coated. It's ok if the mixture pools at the bottom. The bread will soak it up. Place butter in a small microwave-safe bowl and cover with a paper towel. Microwave on HIGH for 25 seconds. Stir gently until the butter is completely melted. Using a pastry brush, brush or drizzle melted butter over the sandwich pieces. Cover with aluminum foil and place in the fridge 8 hours or overnight. Preheat oven to 325F degrees. Bake, covered with aluminum foil, for 30 minutes. Remove the aluminum foil and bake an additional 15 to 20 minutes or until the edges are slightly golden brown. Sprinkle with powdered sugar or drizzle with maple syrup, if you like.



VEGAN PUMPKIN PEANUT BUTTER SOUP

ABRA PAPPA (ABRASKITCHEN.COM)
IN PARTNERSHIP WITH THE NATIONAL PEANUT BOARD.

INGREDIENTS

2 large leeks, sliced
1 tablespoon coconut oil
8 cups fresh pumpkin puree
1/2 cup creamy peanut butter
4 cups vegetable broth
14 ounces coconut milk (1 can)
2 teaspoons salt
2 teaspoons Chinese five-spice powder (or 1 teaspoon cinnamon)
1/4 teaspoon cayenne pepper

Toppings:

sriracha sauce
vegan coconut yogurt (plain)

INSTRUCTIONS

FRESH ROASTED PUMPKIN:

Purchase a “pie pumpkin” or “sweet pumpkin”. (They are typically 2-4 lbs.) On average each “pound” will yield about 1 cup of pumpkin puree. (For example, roast two 4lb. pie pumpkins and end up with just under 8 cups of pumpkin puree.) Using a sharp knife, carefully cut the pumpkin in half lengthwise. Use a sharp spoon or ice cream scoop to scoop out all seeds and strings (reserve the seeds for roasting). Drizzle the pumpkin with olive oil, salt and pepper. Line a cookie sheet with parchment paper and place the pumpkin halves skin side down. Using the tip of a sharp knife, carefully place a few slits in the skin of the pumpkin. Roast in a 375F-degree oven for 40-60 minutes, depending on the size of the pumpkin. (A 4lb. pumpkin will likely take a full hour.) Remove from the oven and allow to cool. When cool enough to handle, scoop out the flesh and set aside.

PUMPKIN SOUP:

In a large pot over medium-high heat, melt coconut oil. Add sliced leeks and 1/4 tsp salt. Saute for 5-8 minutes or until leeks are soft and creamy. Add vegetable stock, pumpkin puree, peanut butter, coconut milk and spices to the pot. Stir well to combine (a whisk is helpful), and allow to simmer for 15 minutes. Working in batches add soup to a high-speed blender and blend until smooth, return to pot and taste for seasoning adding more salt if needed. Serve with a drizzle of sriracha and a spoonful of vegan (plain, unsweetened) coconut yogurt.



STICKY SESAME VEGAN MEATBALLS (WITH PEANUTS AND LENTILS)

MARIA KOUTSOGIANNIS (PEANUT-INSTITUTE.COM)

INGREDIENTS FOR THE VEGAN MEATBALLS:

2 tablespoons olive oil
1 small white onion, finely chopped
4 garlic cloves, finely chopped
1 teaspoon sea salt
1/2 teaspoon black pepper
1/2 cup chickpeas, rice or lentils
1/2 cup panko
1 cup unsalted peanuts, pulsed in a food processor until a ground-meat-like consistency is achieved (approximately 15 seconds)

INGREDIENTS FOR THE SAUCE:

2 tablespoons sesame oil (you can also use spicy sesame oil)
1/4 cup soy sauce
Juice of 2 large oranges (around 1/2 cup orange juice)
3 tablespoons hoisin sauce
4 tablespoons honey or maple syrup
3 tablespoons rice wine vinegar
1 teaspoon red pepper chili flakes

SERVE WITH:

2 cups cooked white rice
Sesame seeds, as desired
Finely chopped green onion, as desired

INSTRUCTIONS

In a medium-sized mixing bowl, combine all the sauce ingredients, stir until well combined and set aside. In a food processor, process the peanuts until a ground-meat-like consistency is achieved. Set aside. In a medium pot, add 1 tbsp. olive oil and gently cook onions and garlic on medium heat for 5 minutes. Stirring frequently to prevent burning. To the pot, add salt and pepper. Stir until all the onions and garlic are coated with the seasoning. Cook down the onions for 5 minutes before (cont.)



INSTRUCTIONS (CONT.)

adding the lentils, chickpeas or rice to the pot. Remove the lentil mixture from the pot and gently pulse in the same food processor (you can also use a hand blender) until a crumble develops. Transfer the lentil mixture to a medium-sized mixing bowl. To the bowl, add the peanuts and remaining ingredients. Stir until well combined. Refrigerate for at least 30 minutes. Preheat the oven to 400F degrees and line a baking sheet with parchment paper. Remove "meat" from the refrigerator and form "meatballs." A 1 1/2 tbsp. ice cream scoop works well to measure the size. Roll and place on the baking sheet. Cook for 20-25 minutes total, flipping and turning at least twice to avoid any burning. After 10 minutes, remove the "meatballs" and lightly coat with 1/4 of the sauce. Just before the balls are completely cooked, add another 1/4 of the sauce and cook for 5 minutes. Serve with white rice, sesame seeds, green onions, peanuts and as much sauce as desired.



INSTANTPOT PEANUT CHICKEN SWEET POTATO STEW

PEANUTBUTTERLOVERS.COM

INGREDIENTS

2 tablespoons cooking oil
1 small onion, chopped
1 medium jalapeno, chopped
2 tablespoons finely chopped fresh ginger root
1 can unsweetened coconut milk
1 cup chicken broth
3/4 cup creamy peanut butter
2 tablespoons brown sugar
2 tablespoons lime juice
1 tablespoon low sodium soy sauce
1 teaspoon sriracha hot sauce
4 boneless, skinless chicken breasts
2 medium sweet potatoes, peeled and cut into 2 inch cubes
1/3 cup chopped fresh cilantro
1/3 cup chopped roasted peanuts
fresh lime wedges
cooked white rice

INSTRUCTIONS

Using the sauté setting, sauté the onion, jalapeno and ginger root in the cooking oil until the onions are softened. Turn the InstantPot off once done. Add the coconut milk, chicken broth, peanut butter, brown sugar, lime juice, soy sauce and hot sauce into the InstantPot and whisk together with the sautéed onions until thoroughly combined. Add the whole chicken breasts (frozen if desired) and cubed sweet potatoes to the pot. Set the InstantPot valve to Sealing and high pressure. Set the timer to 15 minutes if using frozen chicken breasts or 7 minutes if using thawed chicken breasts. When the cooking time is complete, manually release the pressure. Remove the chicken breasts, cut into cubes, and return the chicken to the InstantPot and stir into the sauce. Serve the stew over cooked white rice, topped with cilantro and peanuts and accompanied by a wedge of lime.



PEANUT BUTTER PUMPKIN CURRY

NATIONALPEANUTBOARD.ORG

INGREDIENTS

2 chicken breasts, cut into 1-inch pieces
2 tablespoons avocado oil
3 cloves garlic, minced
2 tablespoons grated ginger
2 tablespoons red curry paste
1/4 cup peanut butter
1 can coconut milk
2 bell peppers, sliced
1 onion, sliced
1 can chickpeas, rinsed and drained
1 can pumpkin puree

INSTRUCTIONS

Heat oil in a large skillet over medium heat. Season chicken with salt and pepper and cook for 5-7 minutes. Transfer to plate. Add garlic and ginger to the pan. Cook for 1 minute. Stir in curry paste, peanut butter and coconut milk. Mix well. Add bell peppers, onion and chickpeas. Simmer for 5 minutes. Add chicken back to the pan and cook for an additional 5 minutes. Serve with rice.



SAVORY SOUTHERN FRIED TURKEY

PEANUT-INSTITUTE.COM

INGREDIENTS FOR BRINE

1 20lb turkey
1 cup sea salt
5 shallots (shaved)
5 garlic cloves (crushed)
1 bunch sage (chopped)
1/2 bunch thyme
2 each bay leaf
3 tablespoons black peppercorns

INSTRUCTIONS

Heat the chicken broth to a boil with all the ingredients to infuse. Remove from the heat and cool. Place the liquid into a large container, bag or clean bucket that can accommodate the turkey. Brine overnight

*This liquid can also be used to inject the turkey



HEAVENLY AND HEALTHY DEEP-FRIED TURKEY

PEANUT-INSTITUTE.COM

INGREDIENTS

100% peanut oil
Salt, pepper, garlic and dry rub

INSTRUCTIONS

Wash bird inside and out, and allow to drain. Rub turkey with salt, pepper, garlic and dry rub. Allow to sit at room temperature for 1 hour or until completely thawed and dry. Pre-heat peanut oil outdoors in a turkey fryer or a very large stockpot to 350F degrees. Make sure there is no moisture on the skin and carefully lower turkey into hot oil either in the fryer basket or using a sturdy tool inserted into the chest cavity. Submerge the turkey completely. Fry turkey for 3 minutes per pound plus 5 minutes per bird. Internal temperature should reach 165F degrees. Remove turkey from the oil. Let sit 20 minutes before serving.

TIPS FOR DEEP-FRYING

- Keep a safe distance from the fryer
- Ensure you read and understand the manual that comes with your fryer
- Never attempt to deep-fry indoors (unless working with a special indoor table-top fryer)
- Never leave fryer unattended
- Do not allow pets or children near fryer
- Do not attempt to fry turkey in rainy weather
- Wear long thick gloves and goggles
- Do not cover with lid while frying
- Allow oil to cool 110F degrees before handling or cleaning up



TOMATOES STUFFED *with* PEANUT QUINOA

PEANUT-INSTITUTE.COM

INGREDIENTS

3/4 cup tri-color quinoa, rinsed under cold running water
8 medium tomatoes
1 tablespoon extra virgin olive oil
1 medium red onion, finely chopped
4 garlic cloves, minced
1 teaspoon chopped thyme
1 teaspoon ground coriander
1 medium red bell pepper, cut into
1/4-inch dice
3/4 cup fresh or frozen and thawed corn kernels
1 1/2 ounces lightly salted dry roasted
peanuts, coarsely chopped
1/4 cup grated Pecorino Romano cheese
2 tablespoons orange juice
1/2 teaspoon salt
1/4 teaspoon ground black pepper

INSTRUCTIONS

Cook the quinoa according to package direction; transfer to a bowl and cool until ready to use. Meanwhile, cut a thin slice off the tops of the tomatoes. Use a spoon to carefully scoop out the tomato pulp while leaving the shells intact. Discard the pulp and pat the inside of the tomatoes dry with paper towel. Heat the oil in a large nonstick skillet over medium-high. Add the onion, garlic, thyme and coriander; cook, stirring occasionally, until starting to soften, 1-2 minutes. Add the bell pepper and corn; cook until crisp-tender, 3-4 minutes. Add to the quinoa; stir in the peanuts, cheese, orange juice, salt and pepper. Spoon the mixture evenly into each tomato shell, mounding (but not patting down) as necessary.



PEANUT COLLARD SALAD

VIRGINIA CAROLINAS PEANUTS (ABOUTPEANUTS.COM)

INGREDIENTS

1 cup raw peanuts
1 cup olive oil
2 teaspoons smoked paprika
kosher salt - to taste
6 tablespoons apple cider vinegar
2 cloves, smashed/minced into paste garlic
fresh ground black pepper - to taste
8 ounces stemmed and thinly sliced crosswise collard green
1 15 ounces drained and rinsed black eyed peas
1 cup plain croutons
4 hard boiled/chopped eggs

INSTRUCTIONS

Heat oven to 325°F degrees. Toss together peanuts, olive oil, 2 teaspoons paprika and salt on a baking sheet and bake, tossing occasionally, until golden brown for about 15 minutes. Transfer peanuts to a rack and let cool. Coarsely crush peanuts and divide between two bowls; set one bowl aside. To one bowl of peanuts, add remaining oil, vinegar, garlic, and shallots and whisk to combine; season with salt and pepper and set vinaigrette aside. Using a vegetable peeler, shave carrot lengthwise into thin ribbons. Transfer to a large bowl along with collard greens, black-eyed peas, vinaigrette. Toss to coat and season with salt and pepper. Let sit for 1 hour. Add eggs and crouton. Toss again. Serve immediately.



ASIAN PEANUT BROCCOLI SLAW

PEANUTBUTTER.COM

INGREDIENTS

- 2 tablespoons peanut butter
- 2 tablespoons canola mayonnaise
- 1 tablespoon cider vinegar
- 1/2 teaspoon grated peeled ginger root
- 1/2 teaspoon sugar
- 1 (12-ounce) package broccoli slaw
- 1 medium tomato, chopped
- 2 tablespoons chopped fresh cilantro

INSTRUCTIONS

In a large bowl, combine peanut butter, mayonnaise, vinegar, ginger root, and sugar. Add broccoli slaw, tomato and cilantro; toss well. Serve chilled or at room temperature.



FAR EAST PEANUTTY BROCCOLI

PEANUTBUTTERLOVERS.COM

INGREDIENTS

- 1/4 cup creamy or crunchy peanut butter
- 2 tablespoons hot water
- 1 tablespoon light soy sauce
- 1 tablespoon lime juice
- 1 1/2 teaspoons dark sesame oil
- 1/4 teaspoon red pepper flakes
- 2 tablespoons vegetable oil
- 3 cups fresh broccoli florets
- 1/2 cup chopped red bell pepper
- 1/4 cup sliced green onions
- 1 clove garlic, crushed

INSTRUCTIONS

Combine peanut butter, hot water, lime juice, soy sauce, sesame oil and red pepper flakes until well blended. Set aside. Heat vegetable oil in a large skillet over medium-high heat. Add broccoli, red pepper, green onions and garlic. Stir-fry 3-4 minutes until vegetables are tender-crisp. Remove from heat and stir in peanut butter mixture. Serve warm or at room temperature.



PEANUT THAI CHILI BRUSSELS SPROUTS

CARMYY.COM

INGREDIENTS

1 pound Brussels sprouts
3-4 cloves garlic
2-3 Thai chili peppers, sliced
1-1/2 tablespoons olive oil
salt & pepper to taste
1/2 cup creamy peanut butter
1 tablespoon lime juice
2 tablespoons soy sauce
1-2 tablespoons water
toasted peanuts

INSTRUCTIONS

Heat oven to 425F degrees and line a baking sheet with parchment paper. Rinse the Brussels sprouts, then cut off bottoms and then in half. A leaf or two may fall off but no worries, toss it onto the baking sheet if desired or discard it. Drizzle olive oil onto the Brussels sprouts, garlic, and Thai chili and then toss with a pinch of salt and pepper. Spread evenly on a baking sheet. Roast for 25-30 minutes, until the sprouts are golden around the edges. While the Brussels sprouts are in the oven, in a small bowl, whisk together peanut butter, soy sauce, lime juice, and a splash of water (add a little at a time, until sauce has thickened to your liking). Once the Brussels sprouts are done, toss them together. Top with toasted peanuts.



CRISPY TOASTED QUINOA CHOCOLATE PEANUT BUTTER TRUFFLES

AMBITIOUSKITCHEN.COM

INGREDIENTS

1/4 cup uncooked quinoa
1 teaspoon melted coconut oil
1 teaspoon pure maple syrup
3/4 cup all natural drippy peanut butter
2 tablespoons pure maple syrup
1 teaspoon vanilla extract
2 tablespoons gluten free oat flour
3.5 ounces of 72% or higher dark chocolate (I used an 85% bar)
Coarse sea salt, for sprinkling

INSTRUCTIONS

Add 1 teaspoon coconut oil to a skillet and place over medium low heat. Once coconut oil melts, add in quinoa and toast for approximately 5 minutes or until the quinoa begins to pop and turn just a slightly golden brown; be sure to stir frequently. Once quinoa is toasted, turn off the heat and immediately add in 1 teaspoon of pure maple syrup; stir for 30 more seconds, then remove quinoa from heat and transfer to wax or parchment paper and spread in an even layer to cool slightly. In a medium bowl, stir together peanut butter, maple syrup and vanilla extract until well combined. Add in oat flour and stir to combine. Fold in toasted quinoa. The dough should be soft. Roll dough into 9 balls and place on a baking sheet lined with parchment paper. Place in the freezer for 15 minutes. After peanut butter balls have been frozen and are ready to be coated: melt dark chocolate in a small saucepan over low heat. Alternatively you can melt the chocolate
(cont.)



INSTRUCTIONS (CONT.)

in 30 second intervals in the microwave, stirring at each interval until chocolate is melted. Once chocolate is melted, transfer to a small bowl. Dip each ball in chocolate until it is fully coated. Tip: Place a fork under each truffle and gently place the truffle in the melted chocolate. I always have a spoon with me as well to ensure that I can spoon chocolate over the truffle. Lift the truffle up and tap the fork against the top of the saucepan then transfer to a baking sheet and slide fork out. It sounds easy, but it can be difficult to get truffles to be pretty looking. Sprinkle truffles with coarse sea salt then place in the fridge for 10-15 minutes or until the chocolate hardens. Makes 9 truffles. Feel free to double the recipe if you are making it for a party.

Recipe Notes:

To make vegan/dairy free: Use a vegan dark chocolate bar.
Store in the fridge: Feel free to keep these quinoa peanut butter truffles in an airtight container in the refrigerator for up to 2 weeks.

Store in the freezer: These truffles will stay good in the freezer for up to 3 months. When you're ready to eat one, let it soften just a bit at room temp and enjoy!



WHITE CHOCOLATE NO-BAKE HAYSTACK COOKIES

with PEANUTS *and*
DRIED CRANBERRIES

UNSOPHISTICOOK.COM

INGREDIENTS

- 1 (11 ounce) pkg. white chocolate chips
- 1 (5 ounce) can chow mein noodles
- 1 cup salted dry roasted peanuts
- 3/4 cup dried cranberries

INSTRUCTIONS

Melt the white chocolate chips in the microwave or in a double boiler on the stovetop until smooth.* Add the chow mein noodles, peanuts, and dried cranberries. Stir to mix well. Drop by rounded spoonfuls onto a baking sheet lined with parchment paper. Cool for at least one hour before removing the haystack cookies from the parchment paper.

Recipe notes:

*How To Melt White Chocolate

1. Stovetop -- heat the white chocolate chips in a double boiler over gently simmering water, stirring until smooth.
2. Microwave -- heat white chocolate chips in a microwave safe bowl at medium power (50%) for 1 to 1 1/2 minutes. Stir until bowl no longer feels warm. Continue heating at 15-30 second intervals, stirring until smooth.



DARK CHOCOLATE PEANUT CLUSTERS

DR. LORI SHEMEK

INGREDIENTS

1/2 cup peanut butter (without added sugar)
6 ounces sugar-free dark chocolate bars, chopped
in large pieces
10 ounces salted and roasted peanuts

INSTRUCTIONS

Place a heat-resistant bowl over a pan of simmering water. Add chocolate pieces and peanut butter. Stir as the ingredients melt. When melted, stir-in peanuts and coat well. Drop by rounded teaspoons onto a waxed paper lined sheet pan. You may need two sheet pans. Chill for 25 minutes or until firm.



SALTED PEANUT LOGS

with SHORTCUT NOUGAT

KATHLEEN ROYAL PHILLIPS
GRITSANDGOUDA.COM

INGREDIENTS

1 (10-ounce) package miniature or regular marshmallows
2 tablespoons butter
3 cups powdered sugar
2 teaspoons vanilla extract
Parchment or wax paper
1 1/2 (11-ounce) packages soft caramels
1 tablespoon water
1 (12-ounce) can coarsely chopped salted, skinless peanuts (3 cups)

INSTRUCTIONS

Place the marshmallows and butter in a large (3-quart) microwave safe glass bowl. For mini marshmallows, microwave, uncovered, on HIGH for 1 minute, stir until marshmallows are completely melted and mixture is smooth. (For regular size marshmallows, microwave 1 minute 15 seconds.) Add vanilla. Gradually stir in powdered sugar until all sugar is incorporated. It's ok to use clean hands to "knead" the mixture to incorporate the sugar at the end. Mixture will be fairly stiff. Shape marshmallow "nougat" into six (5-inch-long) logs, about 3/4-inch-thick. Place on a parchment-lined plate in the refrigerator for about 15 minutes. Turn them on their side (one side will be flat) and reshape to be round; chill another 10 minutes. Place chopped peanuts on a plate or shallow bowl. Cut 6 pieces of parchment or wax paper (about 12x8"). Unwrap the caramels. Combine caramels and water in a microwave-safe glass bowl. Microwave at HIGH for 1 minute; stir well. Microwave an additional 15 seconds; stir until smooth. Microwave an additional 15 seconds and stir until all caramels have melted. Working quickly with one nougat log at a time, coat with melted caramel, using two forks. (Keep remaining logs in the fridge until ready to coat.) Using the same two forks, place the coated logs onto the pile of peanuts. Once the bottom of a log is covered in peanuts, use clean hands to roll and gently press peanuts into all areas. Place the log on a piece of parchment paper. When the caramel has cooled, roll it up and twist both ends to seal it. Tie curling ribbon around the ends for gifting, if desired. Yield: six candy bar logs



2 INGREDIENT PEANUT BUTTER FUDGE

KATHLEEN ROYAL PHILLIPS
GRITSANDGOUDA.COM

INGREDIENTS

1 (16.3-ounce) jar creamy peanut butter (1 3/4 cups)
1 (16-ounce) tub vanilla frosting (Betty Crocker or Aldi store brand)

INSTRUCTIONS

Line a 8x8 or 9x9 baking pan or dish with aluminum foil or parchment paper for easy lifting out of the pan to slice. Stir together peanut butter and frosting in a large microwave-safe glass bowl. Microwave on HIGH 1 minute and stir until smooth. (1200 watts). Pour the peanut butter mixture into the pan, spreading to the edges with a knife or spatula. Chill, uncovered, at least 2 hours or until firm. Once firm, the fudge can be cut into bite size pieces or slabs. Store in an airtight container at room temperature or in the refrigerator.

Note: Not all tub frostings are the same. Duncan Hines did not have as smooth a texture as Betty Crocker and Aldi because of the water content. Do NOT use "whipped" tub frosting.



PEANUT BUTTER OLD FASHIONED

PEANUTBUTTER.COM

INGREDIENTS

- 1 teaspoon peanut butter simple syrup
- 2 dashes bitters
- 2 ounces bourbon
- Ice
- 1 slice orange peel, including pith
- 1 maraschino cherry

INGREDIENTS FOR PEANUT BUTTER SIMPLE SYRUP

- 1 cup white sugar
- 1 cup water
- 3/4 cup creamy peanut butter

INSTRUCTIONS

In a cocktail shaker, combine peanut butter simple syrup, bitters, bourbon and ice. Shake or stir until well chilled. Strain into lowball glass. Garnish with orange peel and cherry. Serve immediately.

INSTRUCTIONS FOR PEANUT BUTTER SIMPLE SYRUP

In a medium saucepan over medium heat melt sugar and water, stirring occasionally until sugar is dissolved. Stir in peanut butter; bring to boil. Remove from heat. Cool. Store in a covered glass jar in the refrigerator for up to 30 days.



PEANUT BUTTER ICED COFFEE

PEANUTBUTTER.COM

INGREDIENTS

2 cups strong brewed coffee, cooled

1 cup milk

2 tablespoons creamy peanut butter

1/4 cup chocolate syrup

1/2 teaspoon kosher salt

Garnish: cocoa powder, whipped cream

INSTRUCTIONS

Pour coffee into ice cube trays and freeze for 4 hours.

Place cubes in a blender, add ingredients. Blend until smooth. Garnish.

