I believe in peanut butter!

Apples
Pears
Bananas
Whole grain pancakes
  With jelly
  Without jelly
Carrots
Celery
In an Asian peanut sauce
  In oatmeal
On whole grain toast...

On a SPOON!

The irresistibility factor of peanut butter alone makes it worthy of an unmatched love. Unmatched in the sense that it brings more joy and smiles to people’s faces than any other food product. It has gotten to the point where other foods can only dream about having that kind of power over someone’s taste buds. Its creamy, sticky, gooey consistency makes it unattainable by all other foodstuffs on the market today. No other food products can reach its level of popularity, no matter how hard they may try. By satisfying empty bellies all across the country, peanut butter has gotten quite a reputation as being a powerhouse food.

With 8 grams of protein per its 2-tablespoon serving size, it is enough to satisfy hunger cravings and keep you full until your next meal. Its heavy dose of protein makes it a suitable post gym snack to refuel your body and build muscle. Peanut butter is also rich in vitamin E, some B vitamins and some minerals. Although it is on the high side when it comes to fat, with about 16 grams of fat per serving, the fats are mostly unsaturated, making peanut butter a healthy source of fat that is essential to bodily functions. However, it is crucially important to buy a peanut butter in which the only ingredients are peanuts, in order to avoid the artery-clogging partially hydrogenated oils that are found in many commercially produced peanut butter products.

Known for being a well renowned “kid-friendly” food, it no longer has to stay just within the realm of kids. Peanut butter now ventures out to be more “grown-up appropriate” as it
makes appearances in spicy Thai and Asian peanut sauces, stirred into yogurt or oatmeal or on a grilled peanut butter and banana sandwich. Its great versatility makes it a healthy and satisfying snack or meal for people of all ages and lifestyle choices. With so many great options out there of how to use peanut butter, people really have no excuse to not include a hearty helping of peanut butter in their everyday life (aside from any life threatening peanut allergies, of course).

*Warning: Do not leave yourself alone in a room with a jar of peanut butter. Dangerous things have been known to happen 😊

By Rebecca Hastings