

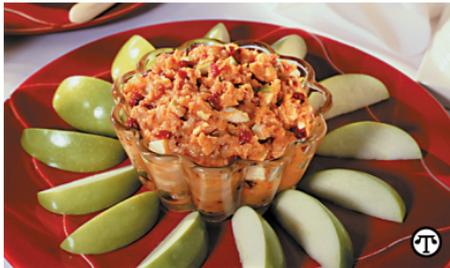
Fabulous Food

Boost Your Energy With Peanuts And Peanut Butter

(NAPSA)—If you have been skipping your favorite peanut and peanut butter recipes, it's time to add them back into your diet.

A handful of peanuts or a two-tablespoon serving of peanut butter remains a delicious, convenient and inexpensive way to add nutrients like protein, vitamin E, niacin, manganese, magnesium, phosphorus, folate and dietary fiber to your diet.

People still love a PB&J sandwich, peanut butter on apple slices or celery sticks, but, say the experts at the National Peanut Board, you can also use it to add flavor to any meal or snack. Whether you're on the go or powering up before or after a workout, this Fruity Peanut Butter Spread makes a great sandwich spread or a dip for fresh fruit that is sure to be a favorite of both kids and adults. To use as a dip, add extra orange juice until it's the right dipping consistency. The Blueberry Peanut Shake makes a refreshing snack:



A great sandwich spread or a dip for fresh fruit gets an extra kick of nutrition from peanut butter.

Fruity Peanut Butter Spread

- 1 medium apple, quartered but not peeled
- ½ cup dried cherries or dried cranberries
- 1 cup peanut butter

- ¼ cup orange juice
- ½ teaspoon cinnamon

In a food processor, chop apple and cranberries. In a small bowl, combine peanut butter, orange juice and cinnamon. Stir apple/cranberry mixture into peanut butter mixture until combined. Cover and refrigerate.

Makes: 12 servings of two tablespoons each



Blueberry and peanut butter combine for a flavorful shake.

Blueberry Peanut Shake

- 2 cups fresh or frozen blueberries
- ¼ cup creamy peanut butter
- ½ cup ice
- 2 cups frozen yogurt
- 1½ cups whole (or low-fat) milk

Place all ingredients into a blender. Blend at high speed for 1 minute. Pour in glass and serve.

Makes: three servings of 12 oz. each

For more recipes and nutritional information, go to www.nationalpeanutboard.org.