

Food Facts Fancies

Spreading The Love

(NAPSA)—Are you a peanut butter lover? Join the club: Americans eat enough peanut butter in a year to make more than 10 million peanut butter and jelly sandwiches.

Peanut Butter Lovers Month is celebrated in November, but Americans love eating peanut butter all year 'round. Maybe that's because it not only tastes good, it's cholesterol-free and is a good source of vegetable protein, vitamin E, niacin, phosphorous, magnesium and copper.

A Whole Lotta Love

- The amount of peanut butter eaten annually could wrap the Earth in a ribbon of 18-ounce peanut butter jars one and one-third times.

- The average child will eat 1,500 peanut butter and jelly sandwiches before he graduates high school—and adults actually eat more peanut butter than children do.

- Odd but true—when making a peanut butter and jelly sandwich, 96 percent of people put the peanut butter on before the jelly.

- Sixty percent of consumers prefer creamy peanut butter over crunchy.

Here's a yummy peanut butter-



ROUGH DAY? Try a peanut butter smoothie, a yummy blend of milk, banana and peanut butter.

based recipe that youngsters and adults alike may enjoy for breakfast or any time of the day.

Peanut Butter Smoothie

1 cup cold milk
1 ripe banana
2 tablespoons creamy peanut butter

In a blender, combine ingredients and process until smooth.

Makes 1 serving.

A two-tablespoon serving of peanut butter contains 12.2 grams of unsaturated fat and 3.3 grams of saturated, and 0 grams of cholesterol.