

# Better Breakfast Ideas

## Start Your Day With Peanut Butter

(NAPSA)—If you're looking for a better way to start the day, try some peanut butter.

This nutrient-dense food is a smart option for breakfast because it's filling and tastes great. Two tablespoons of smooth-style peanut butter offers 8 grams of plant-based protein and more than 30 essential nutrients and phytonutrients. "Making time for breakfast and choosing a meal that has fiber, protein and good fats can play a role in maintaining a healthy diet," said Registered Dietitian Sherry Coleman Collins. "Research shows that a balanced breakfast including fruit, whole grains and protein such as peanut butter gives you the fuel and nutrients needed to stave off hunger until lunchtime."

Here are four easy breakfast ideas:

**1** Swirl peanut butter into oatmeal.

**2** Add smooth-style peanut butter into a breakfast smoothie for an easy portable meal.

**3** Toast whole grain frozen waffles and top with peanut butter instead of syrup for a low-sugar start to the day.

**4** Spread peanut butter on whole grain bread and top with slices of banana.

According to National Peanut Board research, 90 percent of American households contain one or more jars of peanut butter.

For a new twist, try one of the slightly indulgent gourmet chocolate peanut butters, such as those from Peanut Butter & Co. or Sunland Peanut Butter. Flavored peanut butter is a great way to perk up a dull breakfast routine.

### **Peanut Butter Banana Power Muffin**

*Serves 12*



**Peanut butter is a source of good fats.**

#### *Ingredients*

- ¼ cup honey**
- 1 large egg**
- 3 medium bananas**
- ½ cup peanut butter, smooth**
- 2 Tbsp peanut oil, salad or cooking**
- ½ cup prune puree**
- 1½ cups whole wheat flour**
- 2 Tbsp peanut flour, defatted (optional)**
- 1½ tsp baking powder**
- ¾ tsp baking soda**
- ½ tsp salt, table**
- ½ cup multigrain cereal**
- ½ cup unsalted dry roasted peanuts**

#### *Directions*

**Preheat oven to 350° F. Coat muffin tins with nonstick cooking spray or use muffin tin liners. In a large bowl, mix honey, egg, mashed bananas, peanut butter, peanut oil and prune puree. In a separate bowl, mix whole wheat flour, peanut flour, baking powder, baking soda, salt and multigrain cereal. Mix wet and dry ingredients. Mix until almost completely combined. Fold in peanuts. Using an ice cream scoop, divide the batter between 12 muffin tins. Bake for approximately 20 minutes or until a toothpick inserted in the middle comes out clean.**

Adding peanut butter to your morning meal can help provide the energy necessary to live, work and play well.