

# Pointers For Parents

## What's A Nutritious Meal Loved By Kids?



(NAPSA)—Parents facing the daily dilemma of how to feed their children a well-balanced diet have a new tool in their arsenal—peanut butter.

Peanut butter can deliciously combat the picky eater, conveniently meet the protein needs of a child who doesn't eat meat and effectively smooth over parent-child power struggles at meal times. Packing a powerhouse of nutrients it contains natural sources of vitamin E, folate, niacin, zinc, magnesium and phosphorus. Peanut butter is a feel-good food you can feel good about feeding your family. It is naturally cholesterol-free and a good source of vegetable protein, which is an important part of a balanced diet. Every tasty bite of peanut butter helps your children meet their daily nutritional requirements recommended by the USDA.

Peanut butter's versatility makes it easy to incorporate during meals and the times in between. Instead of serving bacon and eggs for breakfast, try peanut butter spread thinly on a bagel, an English muffin or even a waffle. For lunch, a peanut butter sandwich, apple, and glass of milk will do the nutritional trick instead of bologna or macaroni and cheese.

Wholewheat cinnamon bread with peanut butter, peanut butter covered celery sticks with raisins

or a frozen banana coated with peanut butter are nutritious snack alternatives that are fun to prepare. For dinner, forgo pizza and corn dogs and try a Peanut Butter & Jelly French Toastwich (see recipe).

### **PB & J French Toastwich**

- 1 egg, beaten**
- ¼ cup milk**
- ⅛ teaspoon vanilla**
- 2 tablespoons creamy peanut butter**
- 1 tablespoon jelly**
- 2 slices whole wheat bread**
- 1 tablespoon butter**

**In a shallow bowl or pie pan, beat egg, milk and vanilla until blended; set aside. Spread peanut butter and jelly on bread to make a sandwich. Melt butter in a skillet over medium-high heat; dip sandwich into egg mixture then grill until golden brown on both sides. Serve immediately.**

**Yield: 1 serving (1 sandwich per serving).**

**Nutrition Per Serving: 662 cal; 63 g carb; 25 g pro; 38 g fat; 251 mg chol; 8 g fiber; 809 mg sod. (Source: USDA Handbook #8).**

For more recipes, visit the National Peanut Board Web site at [www.nationalpeanutboard.org](http://www.nationalpeanutboard.org).