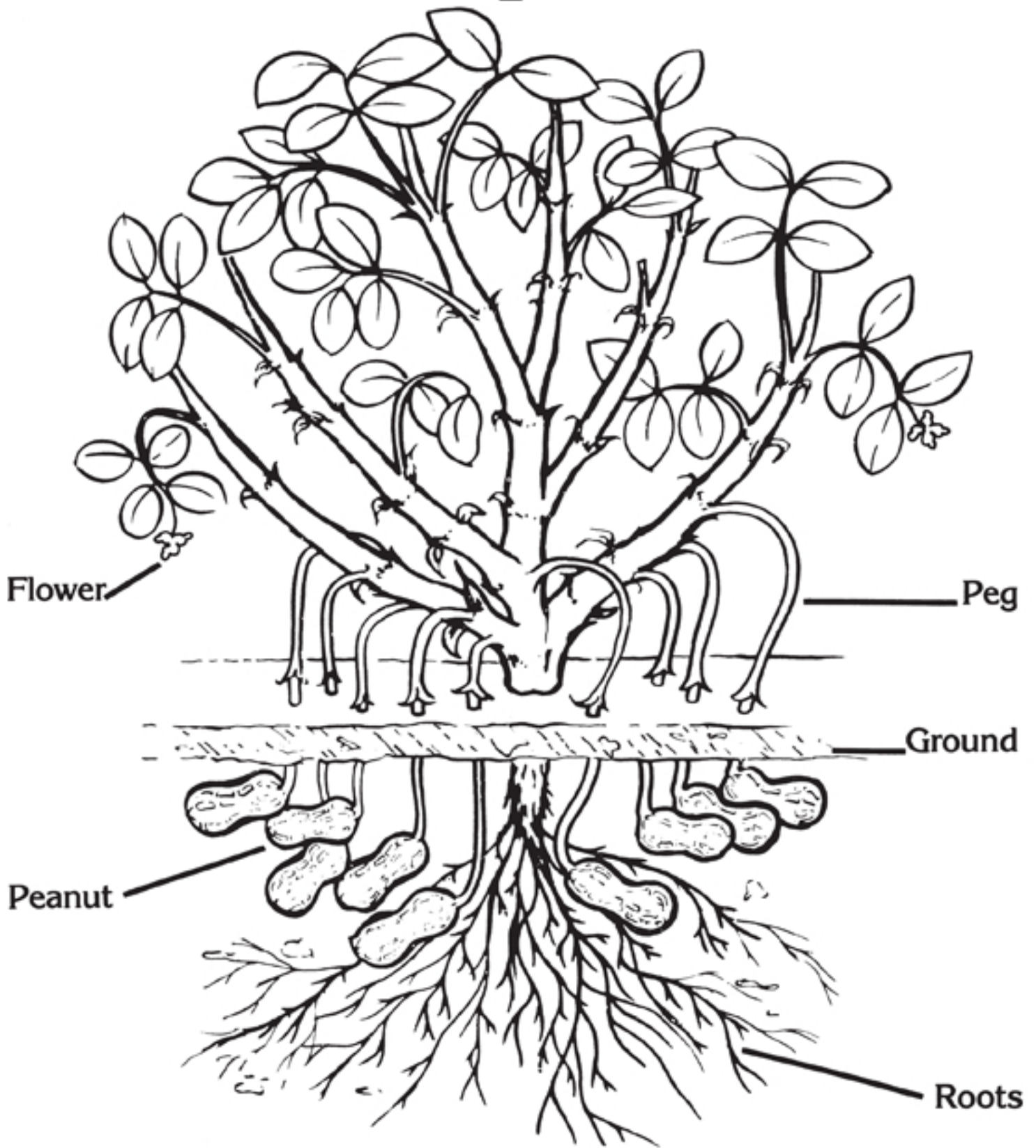




PEANUTS

THE FUN
FOOD



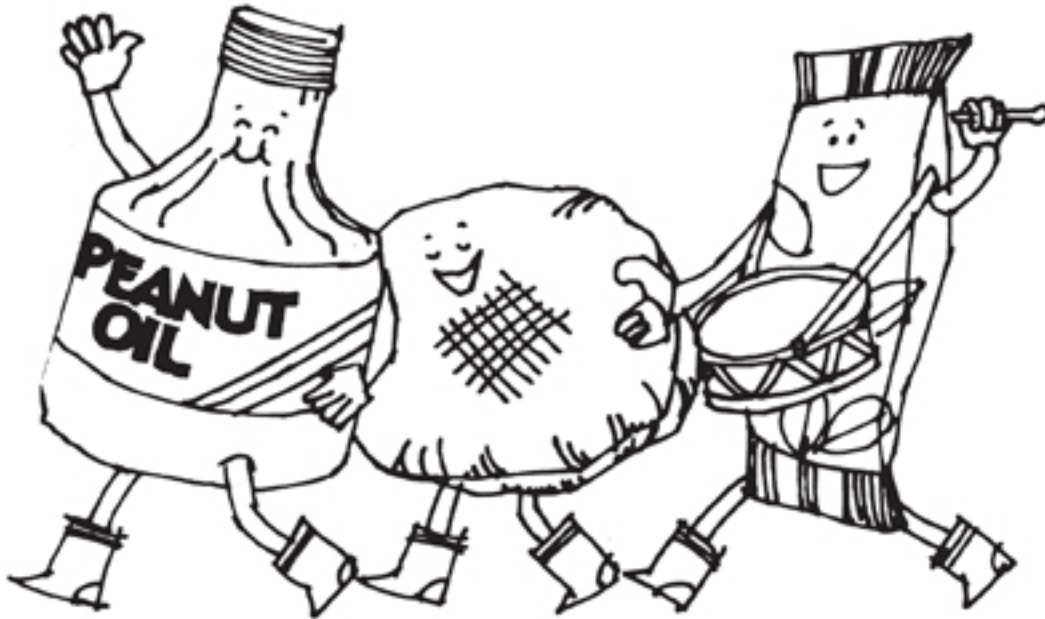


Peanuts are funny – they grow underground.

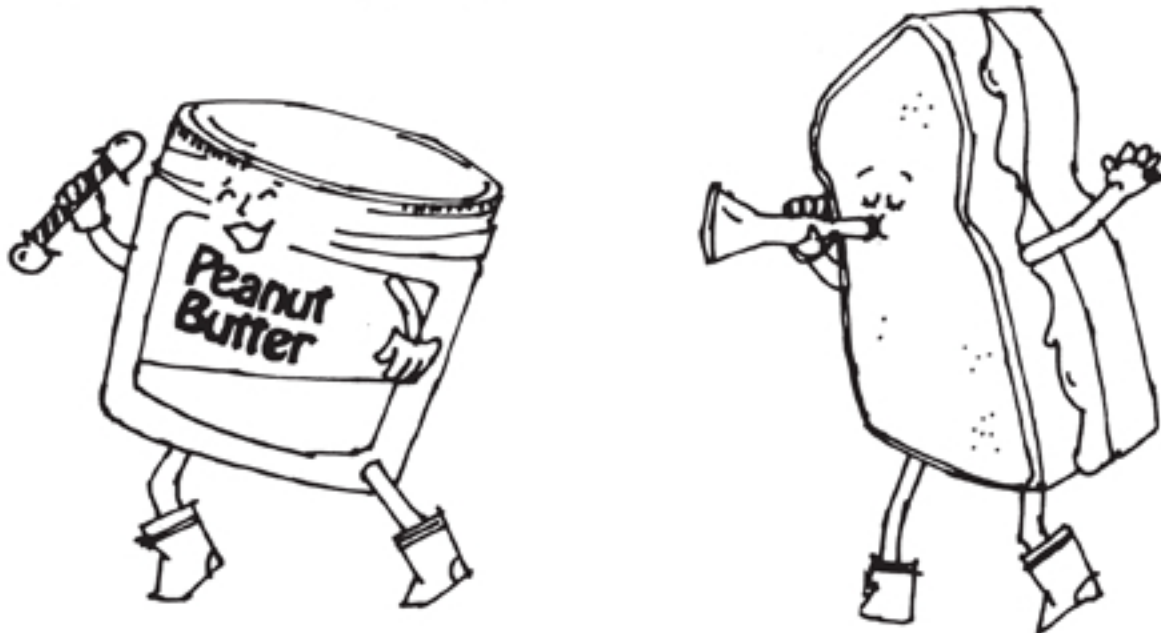
Peanuts are fun to eat right
out of the shell



and in lots of other ways



especially peanut butter.



It's fun to make your own peanut butter. You can make it smooth or crunchy. Ask an adult to help you.

PEANUT BUTTER:

OLD FASHIONED PEANUT BUTTER

— What You Need —

Ingredients:

- * 1 cup roasted peanuts
- 1 teaspoon oil
- ¼ teaspoon salt (omit if salted peanuts are used)

Equipment:

- measuring cup
- teaspoon measure
- ¼ teaspoon measure
- rubber spatula
- blender or food processor

— Directions —

(Follow instruction booklet directions for using the blender or food processor.)

Blender:

1. Place ingredients in blender. Close top.
2. Push button to blend. Let blend several minutes.
3. Turn blender to OFF.
4. Remove top. Use a rubber spatula to scrape mixture from blender sides to the bottom and back in contact with the blades.
5. Close top. Blend until it looks like paste or is easy to spread.

Food Processor: (Use metal blade)

1. Place ingredients in container and close.
2. Plug in.
3. Process for 3 to 4 minutes. (The ground peanuts will form a ball which will slowly disappear.)
4. Stop machine. Scrape sides of container with rubber spatula.
5. Start the machine. Process until it looks like paste or is easy to spread.

*To make crunchy peanut butter, stir in an additional ¼ cup or more of chopped roasted peanuts after blending or processing is completed.

To serve, spread peanut butter on crackers, bread, celery, apple slices, etc. Store in a tightly closed jar in the refrigerator. Oil may rise to the top upon standing. Just stir before serving. (Makes 1 cup peanut butter.)

Which do you like or ?

For further peanut information, contact:



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