



By: Kristina LaRue, RDN, CSSD

If you are reading this, there's a good chance you're an athlete or just really like peanut butter... and hopefully both! You may have questions about what you should be eating before, during, and after your workouts to optimize your diet and fuel your sport, and the good news is peanut butter is on the list!

Fueling up to perform requires some strategy and possibly overcoming personal struggles from meal prep to training your gut to find out what works best for your unique body.

*Athletes of **all levels**, from beginners to professionals, can benefit from sports nutrition to improve performance and get the most out of a workout. Creating a performance plate full of fruits, vegetables, complex carbohydrates, healthy fats, and lean proteins provides the building blocks that your muscles and body needs to perform and recover well from exercise.*

Every peanut loving athlete is sure to find a favorite new recipe in this toolkit from quick and easy blender breakfasts, meal prep favorites, freezer friendly recipes and grab and go snacks. With these power-packed peanut recipes created specifically for athletes along with the peanut powered fueling tips, you'll up your nutrition game in no time.

Power of Peanuts for Energy



Peanuts and peanut butter contain a mix of healthy fats, fiber, and protein -- a triple play for sustained energy and a healthy metabolism. In fact peanuts and peanut butter contain more protein than any other nut! Two tablespoons of peanut butter contains about eight grams of plant based protein to repair and rebuild muscles after training!

Peanuts are the most nutrient dense nut. They contain over 30 essential nutrients and are a good or excellent source of 8 vitamins and minerals including vitamin E, folate, niacin, and magnesium. Magnesium is an electrolyte often overlooked by athletes that plays a critical role in muscle function and energy production.

Peanuts contain high amounts of amino acid arginine, a precursor for nitric oxide. This protein helps open blood vessels, allowing for better blood flow and circulation throughout the body -- a definite plus for active muscles. Recent research shows that arginine may also help with promoting muscle mass and reducing body fat.

One of the easiest ways to enjoy peanuts is by the handful. Grab a handful of salted peanuts when you need a quick boost of energy or need to stock up on electrolytes.

1 small handful of peanuts = 7 g protein, 2 g fiber, 14 g fats in less than 70 calories

(about 1 oz)

(mostly good)

Power Your Workouts with Peanuts

Eating before exercise and completion is an essential fueling tactic to keep energy up and delay muscle fatigue. Strategize your pre workout fueling routine! Not all workouts require a hefty carbo load, but it depends a lot on timing, intensity and duration of your workout.

PRE-WORKOUT NUTRITION

- Eat more carbs and moderate protein. Carbs fuel muscles and are a quick source of energy for athletes.
- Don't over-do it on fat and fiber. No fried foods!
- Train your gut! Experiment with what works best for you.
- Timing is everything -- allow enough time for digestion.

POST-WORKOUT RECOVERY

- *Refuel* with carbs (body weight in pounds/2 = grams of carbs needed to refuel)
- *Rebuild* with 20-30 grams of high quality protein
- *Rehydrate* with electrolyte-rich fluids (16-24 ounces for every pound lost)

Flooding the body with a winning combo of carbs, proteins, antioxidants, electrolytes, and fluids post workout helps the body refuel, rebuild and rehydrate, so you can recover quicker. Carbs and protein work together in the post workout meal to enhance energy "glycogen" stores and stimulate muscle protein synthesis. Fluids with electrolytes like sodium and potassium are needed to replace what's lost in sweat. Antioxidants found in plant foods including peanuts help the body to recover stronger, improve immunity and potentially alleviate post workout muscle soreness.

3-4 HOURS BEFORE

- Frozen waffles or pancakes with peanut butter & fruit
- Peanut butter & jelly sandwich
- Oatmeal topped with fruit & peanut butter

*Don't forget to hydrate with 16-20 ounces of fluid

30-60 MINUTES BEFORE

- Graham crackers or pretzels with peanut butter
- Small fruit smoothie with peanut butter
- Small peanut butter granola bar
- Banana with peanut butter
- Trail mix with peanuts

*Hydrate with 6-8 ounces of fluid 10 minutes before working out





Peanut Butter Protein Pancakes

These fluffy peanut butter pancakes are protein packed with cottage cheese & peanut powder & made straight in the blender for easy mixing. Meal prep pancakes to freeze & reheat for quick pre or post workout fuel.

YIELD: 8 Pancakes

INGREDIENTS

- 1/2 cup 4% fat cottage cheese
- 1/4 cup unsweetened vanilla almond milk
- 2 large eggs
- 1 teaspoon pure vanilla extract
- 1 teaspoon pure maple syrup
- 1 teaspoon baking powder
- 1/4 cup peanut powder
- 1/2 cup white whole wheat flour

DIRECTIONS

1. In a blender, add cottage cheese & almond milk & blend until smooth.
2. Add eggs, vanilla, maple syrup, & baking powder to blender & pulse just until mixed.
3. Add peanut powder & flour to blender & blend until fully incorporated, taking care not to overmix batter.
4. Heat non stick pan over medium-low heat; coat with butter or coconut oil.
5. When butter starts to bubble, pour batter into pan. Flip when surface of pancake starts to form bubbles; cook until both sides are golden; remove from heat.
6. To freeze pancakes, stack pancakes with wax paper in between layers & place in freezer safe bag.

NUTRITION: {per pancake} 76 calories, 3 g fat, 1 g saturated fat, 49 mg cholesterol, 74 mg sodium, 7 g carbohydrate, 1 g fiber, 1 g sugar, 5 g protein, 2% vitamin A, 4% calcium, 3% iron

Peanut Butter Smoothie Cubes

The answer to your post workout morning madness: ready made frozen smoothie cubes that you can toss in the blender with your favorite milk, coconut water, or 100% juice. Peanut butter smoothies blended & poured into silicone muffin cups & frozen for grab & go convenience, less mess, & peanut butter goodness to keep taste buds happy too.



DIRECTIONS

1. Place all ingredients for smoothie in the blender; blend until smooth & creamy. Smoothie can be enjoyed immediately or made into into smoothie cubes by pouring prepared smoothie into ice cube trays & freezing.
2. Once frozen transfer smoothie to quart sized baggies & store in freezer.
3. When ready to drink, place prepared smoothie cubes in blender & blend with 1 cup of your favorite milk, coconut water or even a splash of 100% fruit juice, add more or less liquid to reach desired consistency.

THE STRAWBERRY ELVIS

- 1 banana
- 1/2 cup 0% plain Greek yogurt
- 1/2 cup strawberries
- 1 tablespoon peanut butter
- 1/2 cup unsweetened almond milk

NUTRITION: {per recipe} 308 calories, 10 g fat, 1 g saturated fat, 5mg cholesterol, 205 mg sodium, 44 g carbohydrate, 6 g fiber, 24 g sugar, 17 g protein, 7% vitamin A, 69% vitamin C, 37% calcium, 9% iron



Pro Tip: For an extra protein boost, add more peanut butter or peanut powder, flax, chia, milk, yogurt, cottage cheese, or your favorite protein powder.

THE GREEN MACHINE

- 2 cups packed spinach
- 1/2 cup diced mango
- 1 banana
- 1/2 cup sliced peaches
- 1 tablespoon peanut butter
- 1/2 cup unsweetened almond milk

NUTRITION: {per recipe} 320 calories, 10g fat, 1 g saturated fat, 0 mg cholesterol, 209 mg sodium, 57 g carbohydrate, 9 g fiber, 28 g sugar, 9 g protein, 143% vitamin A, 98% vitamin C, 30% calcium, 16% iron

THE CAFFEINE FIX

- 1 banana
- 1/2 cup 0% plain Greek yogurt
- 1/2 cup strawberries
- 1 tablespoon peanut butter
- 1/2 cup unsweetened almond milk

NUTRITION: {per recipe} 274 calories, 10 g fat, 1 g saturated fat, 0 mg cholesterol, 191 mg sodium, 47 g carbohydrate, 8 g fiber, 36 g sugar, 7 g protein, 7% vitamin A, 77% vitamin C, 28% calcium, 10% iron

THE ANTI-INFLAMMATORY

- 1/2 cup 100% orange juice
- 1/2 cup unsweetened almond milk
- 1/2 cup diced mango
- 1/2 cup frozen diced butternut squash
- 1 teaspoon minced fresh ginger
- 1 teaspoon ground turmeric
- 1 tablespoon peanut butter

NUTRITION: {per recipe} 259 calories, 10 g fat, 1 g saturated fat, 0 mg cholesterol, 163 mg sodium, 41 g carbohydrate, 5 g fiber, 25 g sugar, 7 g protein, 88% vitamin A, 158% vitamin C, 25% calcium, 15% iron



PBJ Chia Pudding

Dessert, breakfast, snack time.... anytime! If you're new to chia pudding get ready for a tasty and nutritious treat. Your favorite childhood sandwich combo just got a dessert makeover that's super charged with fiber and protein!

YIELD: 2 Servings

INGREDIENTS

- 3 tablespoon chia seeds
- 1 teaspoon maple syrup
- 1 teaspoon vanilla extract
- 3 tablespoon peanut powder
- 1 cup unsweetened coconut milk beverage
- 1/2 cup frozen raspberries

DIRECTIONS

1. In a jar with a lid, add chia seeds, maple syrup, vanilla extract, peanut powder and coconut milk.
2. Secure lid on jar; and shake until fully mixed.
3. Refrigerate for 4 hours, or overnight.
4. Top with raspberries, peanut butter, and/or peanuts.

NUTRITION: {per recipe} 354 calories, 16 g fat, 6 g saturated fat, 0 mg cholesterol, 116 mg sodium, 37 g carbohydrate, 23 g fiber, 9 g sugar, 17 g protein, 10% vitamin A, 27% vitamin C, 36% calcium, 23% iron



Chocolate PB Granola

A homemade healthy-ish granola that's a little on the indulgent side.. we're looking at you chocolate. Peanut butter chocolate lovers rejoice! Sprinkle this Chocolate PB Granola on top of a bowl of cottage cheese or Greek yogurt and fruit or enjoy it by the handful. Sprinkle on extra sea salt for those times when you need to replace some lost electrolytes.

YIELD: 3.5 cups (14 - ¼ cup servings)

INGREDIENTS

- ¼ cup peanut butter
- 2 tablespoons melted coconut oil
- ¼ cup honey
- 1 teaspoon vanilla extract
- 1 tablespoon cocoa powder
- 1 cup old fashioned oats
- 2 tablespoons ground flaxseed
- ¾ cup unsweetened coconut chips, divided
- ½ cup salted peanuts
- ¼ cup dark chocolate chunks
- ¼ teaspoon sea salt

DIRECTIONS

1. Preheat oven to 300°F; line baking sheet with parchment paper.
2. In a large bowl, mix peanut butter, coconut oil, honey, vanilla extract and cocoa powder together until combined.
3. Stir in oats, flax, ½ cup coconut, and peanuts until fully combined.
4. Press granola mixture down onto lined baking sheet to form a large "cookie", about a half inch thick; bake for 25-30 minutes.
5. Allow granola to cool and break into large chunks and gently mix with chocolate chunks and remaining ¼ cup coconut.

NUTRITION: {per ¼ cup} 181 calories, 12 g fat, 7 g saturated fat, 0 mg cholesterol, 67 mg sodium, 15 g carbohydrate, 2 g fiber, 8 g sugar, 4 g protein, 6% iron



Thai Chicken Salad Lettuce Wraps

If you're a chicken salad fan and you love sweet and savory food combos this meal is for you! Thai Chicken Salad Lettuce Wraps are a tasty meal prep option for a quick lunch at the ready. If you need a little more carbs in your life, sandwich this deliciousness between slices of whole wheat bread. Some like it hot, so kick it up with a little heat by mixing in a little sweet chili sauce.

YIELD: 6 Lettuce Wraps

INGREDIENTS

- ½ teaspoon minced garlic
- 1 tablespoon soy sauce
- 1 tablespoon rice vinegar
- 2 tablespoons honey
- ¼ cup creamy peanut butter
- ¼ cup plain Greek yogurt
- 3 cups (16 oz) shredded skinless rotisserie chicken breast
- 1 cup shredded carrots
- ½ cup diced red bell pepper
- ½ cup golden raisins
- ¼ cup chopped green onions
- 1 tablespoon chopped cilantro
- 6 cabbage leaves
- ¼ cup crushed peanuts, for garnish
- 1 lime, juiced

DIRECTIONS

1. In a small bowl, stir together garlic, soy sauce, rice vinegar, honey, peanut butter & yogurt.
2. In a separate bowl, toss together chicken, carrots, bell pepper, raisins, onions, & cilantro.
3. Pour dressing over chicken mixture, and toss gently to coat.
4. Serve chicken salad in cabbage leaves & top with crushed peanuts and a squeeze of fresh lime juice.

NUTRITION: {per wrap} 312 calories, 9 g fat, 1 g saturated fat, 110 mg cholesterol, 599 mg sodium, 28 g carbohydrate, 4 g fiber, 22 g sugar, 32 g protein, 79% vitamin A, 114% vitamin C, 6% calcium, 8% iron



Sheet Pan Peanut Butter Chicken & Broccoli

Winner winner chicken dinner. We love sheet pan dinners especially when they involve peanut butter and this one tastes like healthy chinese take out! Serve this protein and veggie dish over your favorite microwavable rice packet for a streamlined and easy dinner that's great for meal prep.

YIELD: 8 Servings

INGREDIENTS

- 1 can coconut milk
- ¼ cup creamy peanut butter
- ½ teaspoon freshly grated ginger
- 1-2 teaspoons crushed red pepper flakes
- 2 tablespoons soy sauce
- 2 tablespoons maple syrup
- 2 pounds raw chicken breast
- 1 teaspoon olive oil
- 1 bell pepper, chopped
- 4 cups broccoli florets
- ½ red onion, chopped
- 1 oz crushed peanuts

DIRECTIONS

1. Preheat oven to 400 degrees F.
2. In a small bowl, whisk together coconut milk, peanut butter, ginger, red pepper flakes, soy sauce, & maple syrup. Reserve 1 cup sauce to use later for sauce.
3. Place chicken breast in gallon plastic bag & pour remaining sauce in to marinate for at least 15 minutes.
4. On a sheet pan, drizzle with olive oil; place bell pepper, broccoli, & onion on sheet pan tossing to coat with olive oil.
5. Arrange marinated chicken breast on pan with veggies & bake for 30 minutes or until chicken is cooked through.
6. Cook reserved peanut butter sauce on stove top over low heat until warm. Serve chicken & veggies with rice, crushed peanuts, & a drizzle of peanut butter sauce.

NUTRITION: {per serving} 301 calories, 15 g fat, 9 g saturated fat, 362 mg sodium, 11 g carbohydrate, 2 g fiber, 7 g sugar, 31 g protein, 5% vitamin A, 79% vitamin C, 3% calcium, 8% iron

Crunchy Peanut Butter Chocolate Chip Bars

Need a portable snack that satisfies that sweet and salty craving? Look no further than crunchy peanut butter chocolate chip bars! These 6 ingredient snack bars are easy to make and even easier to eat.

YIELD: 9 Bars



INGREDIENTS

- ½ cup crunchy peanut butter
- ¼ cup honey (or brown rice syrup)
- 1 teaspoon vanilla extract
- 2 cups puffed rice cereal
- ¼ cup dried tart cherries
- ¼ cup semisweet chocolate chips

DIRECTIONS

1. In a large bowl, stir together peanut butter, honey, and vanilla.
2. Fold in rice cereal, tart cherries, chocolate chips and a pinch of salt.
3. Line square pan with parchment paper and press mixture firmly into the pan.
4. Place bars into the refrigerator to chill for 20 minutes.
5. Cut into 9 pieces; store in airtight container in the refrigerator.

NUTRITION: {per bar} 171 calories, 8 g fat, 2 g saturated fat, 0 mg cholesterol, 71 mg sodium, 21g carbohydrate, 2g fiber, 15g sugar, 4g protein, 3% vitamin A, 2% vitamin C, 1% calcium, 5% iron



www.peanut-institute.com



Southern Peanut Growers

www.peanutbutterlovers.com

