

# PEANUTS *AND* DIABETES

6 PEANUT POWERED RECIPES FOR MANAGING YOUR BLOOD SUGAR





# THE POWER OF PLANT PROTEINS!



## LOOKING FOR WAYS TO MANAGE OR PREVENT DIABETES? THE SOLUTION MAY BE IN YOUR KITCHEN.

Peanuts are nature's mighty little nut (well, technically a legume) that packs a powerful plant based protein punch and can help control blood sugar. Peanuts are considered a low glycemic index food because they are slowly digested and cause sugar to gradually be released into the bloodstream. We can thank peanut's heart healthy fats, fiber, and protein for those positive effects on blood sugar control.

Good news, you can still eat your carbs if you pair it with peanut butter (or peanuts) because peanuts have been shown to reduce the spike in blood sugar when paired with higher carbohydrate foods (Johnston, 2005). In fact, a serving of peanuts per day has potential benefits of lowering type 2 diabetes risk in women by more than 20% (Jiang, 2002). This relationship between peanut or peanut butter consumption and type 2 diabetes was linear - higher consumption resulted in a greater protective effect. If you're a snacker, reach for a handful of peanuts as they have been shown to improve blood sugar control between meals.

ONE OUNCE  
OF PEANUTS  
(ABOUT 28 NUTS)

160	7G	4.5G	2.4G	14G
CALORIES	PROTEIN	CARBOHYDRATES	FIBER	FAT

Turns out, unsaturated dietary fat is good for weight loss after all. In fact, one study found those that followed a healthy moderate fat diet (vs the traditional low fat diet) were able to keep the weight off for more than 18 months, had better nutritional intakes and were more satisfied because they could eat some of their favorite foods each day like peanut butter, nuts, peanuts and unsaturated oils (Kirkmeyer, 2000).

Peanuts also are a good source of magnesium, a mineral that plays a role in reducing the risk of diabetes because of its positive benefits on insulin. Diets low in magnesium have been linked to a greater risk of diabetes (Lopez-Ridaura, 2003 and Larsson, 2007).

You'll be glad to hear that the diet recommended for people with diabetes or those trying to prevent diabetes is not a "special" diet. It's a diet recommended to everyone-- high in fiber, low in sugar, and rich in plant based proteins! We'll show you how easy it is to add peanuts and peanut butter to your healthy diet!



## ARE YOU A VEGGIE EATER?

*New research shows the power of plant proteins and their potential to slash diabetes risk. Substituting plant based proteins like peanuts and peanut butter for animal proteins, refined grains or potatoes resulted in 7-21% lower diabetes risk (Mailk, 2016). Consider upping plant based proteins in your diet to prevent diabetes.*



## 7 EASY WAYS TO TASTE THE POWER OF PEANUTS!

- + Add crushed peanuts to a salad or stir-fried vegetables for added crunch and texture.
- + Snack on your favorite fruit or veggie dipped in peanut butter.
- + Blend peanut butter into your favorite smoothie.
- + Add peanuts to an energy rich trail mix.
- + Stir peanut butter into your oatmeal or yogurt for extra flavor.
- + Melt peanut butter and drizzle on popcorn.
- + Spoon peanut butter straight out of the jar.





# PEANUT BUTTER BANANA OVERNIGHT OATS

SERVES 2

## INGREDIENTS

- ¼ cup powdered peanut butter
- ¾ cup old fashioned rolled oats
- 2 teaspoons ground chia seeds
- 1 ½ cups unsweetened coconut milk
- 1 teaspoon 100% pure vanilla extract
- 1/2 small banana, sliced for topping
- 1 tablespoon peanuts, chopped for topping
- 1 tablespoon peanut butter, for topping

## DIRECTIONS

1. In a medium bowl, stir together powdered peanut butter, oats, chia seeds, coconut milk, and vanilla extract.
2. Divide evenly into mason jars or storage containers and refrigerate overnight.
3. Before serving to each with banana slices, chopped peanuts and a drizzle of peanut butter.

## NUTRITION FACTS

{per serving}: 280 calories, 12g total fat, 4g saturated fat, 0mg cholesterol, 135mg sodium, 36g carbohydrate, 7g dietary fiber, 8g sugar, 10g protein, 8% vitamin A, 4% vitamin C, 35% calcium, 13% iron





# VEGETARIAN NOURISH BOWL

SERVES 4

## INGREDIENTS

1 cup large diced butternut squash	Freshly ground pepper
16 ounces Brussels sprouts, halved	1 lemon, juiced
1 medium red onion, large diced	2 tablespoons water
½ can (or 8 oz) reduced sodium garbanzo beans, rinsed and drained	1 teaspoon Sriracha hot sauce
1 head garlic (about 10 cloves), peeled	¼ cup peanut butter
1 tablespoon olive oil	1 cup cooked quinoa
	1 tablespoon finely chopped peanuts

## DIRECTIONS

1. Preheat oven to 400 degrees F and line rimmed baking sheet with parchment paper. On prepared baking sheet, arrange butternut squash, brussels sprouts, onion, garbanzo beans, and garlic; toss vegetables in olive oil and season with pepper.
2. Roast veggies for 30-40 minutes until slightly golden in color. Halfway through baking, give veggies a shake or turn them over to ensure even browning.
3. Prepare dressing by mixing together, lemon juice, water, sriracha, and peanut butter. To serve, top quinoa with roasted veggies, crushed peanuts and a drizzle of lemon- peanut butter sauce.

## NUTRITION FACTS

{per serving}: 323 calories, 14g total fat, 2g saturated fat, 0mg cholesterol, 308mg sodium, 42g carbohydrate, 11g fiber, 5g sugar, 13g protein, 92% vitamin A, 197% vitamin C, 11% calcium, 28% iron





# BAKED SALMON WITH PEANUT BUTTER GLAZE

SERVES 4

## INGREDIENTS

- 1 pound salmon
- 1 teaspoon olive oil
- Freshly ground pepper
- ¼ cup peanut butter
- 2 teaspoons chili garlic sauce
- ¼ cup 100% orange juice

## DIRECTIONS

1. Preheat oven to 400 degrees F and line baking sheet with aluminum foil. Place salmon on baking sheet, drizzle with olive oil and season with pepper. Bake salmon for 15-20 minutes until cooked through.
2. In small sauce pot over medium low heat, whisk together peanut butter, chili garlic sauce, and orange juice and cook until warm.
3. To serve, pour peanut butter glaze over salmon.

## NUTRITION FACTS

{per serving}: 334 calories, 23g total fat, 5g saturated fat, 50mg cholesterol, 173mg sodium, 5g carbohydrate, 1g fiber, 3g sugar, 27g protein, 0% vitamin A, 8% vitamin C, 4% calcium, 3% iron





# HEALTHY PEANUT BUTTER BUCKEYES

MAKES 13

## INGREDIENTS

- ½ cup creamy peanut butter
- 6 tablespoons powdered peanut butter
- 2 tablespoons 100% pure maple syrup
- 1 teaspoon 100% pure vanilla extract
- 1/3 cup dark chocolate chips
- 1 teaspoon coconut oil

## DIRECTIONS

1. In small bowl, mix together peanut butter, powdered peanut butter, maple syrup and vanilla extract.
2. Line small baking sheet with parchment paper and roll peanut butter mixture into 13 uniform balls placing them on the baking sheet to set.
3. In small microwave safe bowl, heat chocolate chips and coconut oil for 20-30 seconds until melted. Stir until smooth. Continue to heat at 10-15 second increments until fully melted.
4. Dip each peanut butter ball into chocolate to coat one side and return to parchment paper to dry. Refrigerate until chocolate hardens. Store in airtight container and keep refrigerated until serving.

## NUTRITION FACTS

{per buckeye}: 110 calories, 7g fat, 2g saturated fat, 0mg cholesterol, 49mg sodium, 9g carbohydrate, 1g fiber, 6g sugar, 3g protein, 0% vitamin A, 0% vitamin C, 0% calcium, 5% iron





# CHICKEN PAD THAI

SERVES 4

## INGREDIENTS

- |                                    |   |
|------------------------------------|---|
| 1 pound chicken breast             | ¼ cup water                                 |
| Freshly ground pepper              | 1 medium zucchini, spiralized (about 1 cup) |
| 1 tablespoon olive oil             | 2 medium carrots, spiralized (about 1 cup)  |
| 1 tablespoon honey                 | 1 cup cooked pad thai stir-fry noodles      |
| 2 teaspoons chili garlic sauce     | 1 cup bean sprouts                          |
| 3 tablespoons rice wine vinegar    | 1 cup thinly sliced cabbage                 |
| 2 tablespoons low sodium soy sauce | 1 lime, quartered                           |
| 1 tablespoon peanut butter         | ¼ cup unsalted peanuts, crushed             |
|                                    | 2 tablespoons chopped cilantro              |

## DIRECTIONS

1. Season chicken with pepper. Heat olive oil in large non-stick skillet over medium high heat and cook chicken until fully cooked and juices are clear. Remove chicken from pan and allow to rest for 5 minutes before slicing.
2. In small bowl, whisk together, honey, chili garlic sauce, rice vinegar, soy sauce, peanut butter, and water to make sauce.
3. Add zucchini, carrots, pre-cooked rice noodles, and chicken to the pan, pour sauce over and toss to coat. Toss in bean sprouts and cabbage. Serve with lime wedge, crushed peanuts and cilantro.

## NUTRITION FACTS

{per serving} 295 calories, 12g total fat, 2g saturated fat, 60mg cholesterol, 792mg sodium, 22g carbohydrate, 4g fiber, 9g sugar, 27g protein, 109% vitamin A, 46% vitamin C, 7% calcium, 10% iron



# CHOCOLATE PEANUT BUTTER

SERVES 2

## INGREDIENTS

- 1 cup dry roasted unsalted peanuts
- 3 tablespoons unsweetened cocoa powder
- 3 Medjool dates, pits removed
- 1 tablespoon peanut oil

## DIRECTIONS

1. In bowl of a food processor, place peanuts, cocoa powder, dates and coconut oil; process until smooth and creamy, about 5 minutes.
2. Store in airtight container in refrigerator.

## NUTRITION FACTS

{per tablespoon}: 121 calories, 9g total fat, 1g saturated fat, 0mg cholesterol, 3mg sodium, 8g carbohydrate, 2g dietary fiber, 5g sugar, 5g protein, 0% vitamin A, 0% vitamin C, 2% calcium, 6% iron



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