

ASIAN PEANUT SLAW



Ingredients

- 1 can (11 ounces) mandarin oranges
- 1/4 cup Asian sesame dressing
- 2 tablespoons creamy peanut butter
- 1/4 teaspoon crushed red pepper
- 1/2 cup coarsely chopped dry roasted peanuts
- 1 bag (16 ounces) three-colored coleslaw mix
- chow mein noodles

Directions

1. Drain juice from mandarin oranges into a mixing bowl and reserve oranges.
2. Add dressing, peanut butter and red pepper and whisk until well-blended.
3. Add peanuts, oranges and coleslaw mix and toss until thoroughly coated.
4. Garnish with Chow Mein Noodles before serving.

Peanut Butter Protein Bites



Ingredients

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|---------------------------|---------------------|
| 3 cups quick oats | 3/4 cup honey |
| 1/2 cup dried cranberries | 2/3 cup brown sugar |
| 1/2 cup chopped peanuts | 1 cup peanut butter |
| 1/2 cup butter | 1 teaspoon vanilla |

Directions

1. Lightly spray an 8" baking sheet with non-stick spray or line it with parchment paper.
2. If using a stove-top: In a bowl, mix together oats, cranberries and nuts. Melt butter in a large, heavy bottomed saucepan. Mix in honey and brown sugar and bring to a boil over medium-high heat. Boil and stir for 2 1/2 minutes. Remove from heat. Working quickly, stir in the peanut butter and vanilla until blended, then thoroughly mix in the oat mixture. Roll the mixture into 1.5-inch balls and let cool completely. Cool and serve.
3. If using a microwave: In a bowl, mix together oats, cranberries and peanuts and set aside. Next, stir the butter, honey, peanut butter and brown sugar in a microwave safe bowl. Heat in 30 second increments, stirring in between, until the mixture is combined and pourable. Add vanilla to honey and peanut butter mixture and stir. Then, add honey and peanut butter mixture to dry ingredients, stirring quickly to combine. Roll the mixture into 1.5-inch balls and let cool completely. Cool and serve.

Makes about 20-25 balls.



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