

National Peanut Month

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Peanuts are the most popular nut in the United States. They are favored over other nuts such as walnuts, pistachios, pecans, almonds, and other tree nuts.



Health Facts

Peanuts are packed with many key nutrients that are beneficial to your health!

They are naturally cholesterol-free and are full of healthy fats such as monounsaturated and polyunsaturated fats. These fats work to keep your heart healthy by lowering bad cholesterol and reducing your risk for heart disease.

Peanuts are also commonly known for being packed with protein. Peanuts are an excellent source of protein and can keep you feeling full and satiated for longer.

Not only do peanuts contain healthy fats and protein, but they are made up of many other vitamins and minerals that are important for your health, such as magnesium, potassium, iron, vitamin E, and more. These vitamins and minerals also benefit your heart by lowering your risk for heart disease and stroke.

For optimal health benefits, aim to consume 1.5 ounces of nuts (or ¼ cup of nuts) four to five times a week.

Ways to Include Peanuts in a Meal or Snack

Add them to your trail mix

Choose granola bars with peanuts or peanut butter

Top them on a salad or pasta dish

Include peanut butter on toast, in a smoothie, or in oatmeal

There are numerous ways to eat peanuts/peanut butter. Get creative and find new ways to include peanuts into meals!

Did you know?

Peanuts are actually the only type of nuts that grow underneath the ground, compared to most nuts that grow on trees like walnuts, almonds, hazelnuts, cashews, etc.



No-Bake Peanut Butter Oatmeal Bites

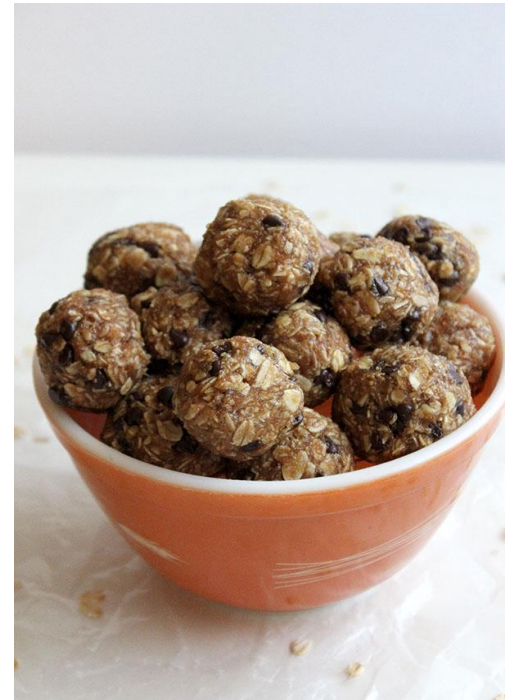
Ingredients

- 1 cup rolled oats
- ½ cup chocolate chips
- ½ cup peanut butter
- ⅓ cup honey
- 1 teaspoon vanilla
- ½ cup shredded coconut (optional)

Instructions

1. Mix together all of the ingredients in a mixing bowl.
2. Form small balls out of the mixture and place on parchment lined cookie sheet.

*No-bake peanut butter oatmeal bites can be kept in the refrigerator or at room temperature until ready to eat.



Tips For Preparing and Cooking with Peanuts

Peanuts can be chopped using a knife or a food processor.

Be sure to wash any cooking utensils or material after each use. It is important to avoid cross contamination in the case of cooking around an individual with a peanut allergy.

You can even try making your own homemade peanut butter by blending peanuts in a food processor and adding honey and salt to taste.