

WIC MENU IDEAS

PEANUT BUTTER

Peanut Butter French Toast
Apple Slices
Milk/Juice

Baked Fish with Lemon
White Rice
Mixed Vegetables
Bread Slice
Milk/Juice
Peanut Butter Cream Cheese Pie

The United States Department of Agriculture (USDA) prohibits discrimination in its programs on the basis of race, color, national origin, sex, age, and disability. Persons with disabilities who require alternative means for communication of program information (Braille, large print, audiotape, etc.) should contact USDA's TARGET Center at (202) 720-2600 (voice and TDD).

To file a complaint, write the Administrator, Food and Nutrition Service, USDA, 3101 Park Center Drive, Alexandria, Virginia 22302. USDA is an equal opportunity employer.

This publication is authorized by Jerry R. Nida, MD, Commissioner of the Oklahoma State Department of Health. Cost of preparation and distribution was \$4,028.00 for 30,000 copies. OSDH is in compliance with Title VI and Title VII of the 1964 Civil Rights Act and the Rehabilitation Act of 1973. Copies have been deposited with the Oklahoma Department of Libraries Publications Clearinghouse. For additional copies, order #P-134 through Shipping/Receiving, OSDH. Printed 7/97.



PEANUT BUTTER

WIC peanut butter provides the protein and iron needed for growth and healthy blood.

Ways To Use WIC Peanut Butter

- *Mix with grated carrots as a spread for sandwiches. Top with banana for a tropical treat.*
- *Try as a dip with fruits and vegetables like apples and celery.*
- *Peanut butter, crackers or bread and some fruit makes a delicious and easy brown bag lunch.*
- *Serve peanut butter at lunch or dinner, or as a snack anytime.*
- *Peanut butter with crackers is a wholesome and filling snack for hungry kids or adults.*

Recipes Using WIC Peanut Butter

PEANUT BUTTER FRENCH TOAST

1/2 c peanut butter*	2 eggs*
1/4 c honey	1/4 c milk*
8 slices bread	2 T margarine

Blend peanut butter and honey. Place 2 1/2 T of the mixture between 2 slices of bread. Combine eggs and milk. Soak sandwiches in the egg mixture. Melt margarine in frying pan. Cook slowly in pan on top of stove until lightly brown on both sides. (Makes 4 servings.)

PEANUT BUTTER SHAKE

1 c milk*	1 banana, mashed
2 T peanut butter*	

Combine all ingredients in blender or jar. (Makes 1 serving.)

EASY PEANUT BUTTER COOKIES

1 egg*	1 tsp soda
1 c sugar	1 c peanut butter*

Beat egg well with sugar and soda. Stir in peanut butter. Let mixture sit 15 minutes at room temperature. Roll by teaspoons into balls - do not flatten. Bake at 325 degrees for 10 minutes.

PEANUT BUTTER CREAM CHEESE PIE

3 oz cream cheese, softened	1/2 tsp vanilla
1/3 c milk*	1 c whipped dairy topping
1/3 c powdered sugar	8" graham cracker crust
1/2 c peanut butter*	

Beat cream cheese until fluffy. Blend in milk, powdered sugar, peanut butter, and vanilla. Fold in topping. Pour into crust. Freeze and serve soon after removing from freezer. (Makes 6-8 servings.)

Consult your WIC Nutritionist for lower calorie and/or lower fat recipes.

* = WIC Food
c = cup
T = tablespoon
tsp = teaspoon