

Peanut BITES



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There continues to be excellent media coverage on peanuts following The Peanut Institute's Science Culinary Media Retreat, held this past spring. At the retreat we had several important discussions on how plant protein can reduce the risk of type 2 diabetes. The culinary demonstrations highlighted Jif's new peanut powder product, along with peanuts, peanut butter, and peanut oil. Below are a few of the articles recently featured in *Fitness Magazine*, *Health & Fitness Cheat Sheet*, and *Reader's Digest*.

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Soba Noodles with Peanut Sauce



For a quick weeknight dinner, try these Soba Noodles with Peanut Sauce. This dish features healthy fats, protein, and fiber from the easy-to-make peanut butter sauce.

- 1 1/2 lbs boneless, skinless chicken breast
- 1 package buckwheat soba noodles
- 1 red bell pepper, sliced
- 3 scallions, chopped
- 1/8 cup peanuts, chopped
- 1 sprig mint
- 1/4 cup peanut butter, creamy
- 1 tbsp low-sodium soy

Peanut-Powered Snack: Chocolate Peanut Butter Cookie Dough Dip

fitness

Stop Everything! We Have a Recipe for Cookie Dough Dip

Snack time just got a tad bit more decadent with this cookie dough makeover. Bonus, it's gluten-free and vegan, too!



By Elizabeth Shaw MS, RDN, CLT

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SHAW'S SIMPLE SWAPS

you up without filling you out.

Raise your hand if you like [cookie](#) dough? Yep, it's unanimous, all hands are up.

Traditional cookie dough (you know, the stuff made with butter, loads of sugar, and cups of chocolate chips), is typically low in protein, has little to no fiber, and is packed with added sugar. Basically, a true indulgence when you want that decadent delight. But what if we remade that classic dough into a dip you could enjoy pre- or post-workout to fuel your body in a healthy way?

Well, rest assured, that's what we've got for you today! This gluten-free vegan chocolate peanut butter cookie dough dip (!!!) is soon to be your new best friend. It's loaded with plant-based protein from white beans and Jif Chocolate Peanut Powder, so you'll be feeling full and satiated enough to power through your next set. Plus, it's packed with fiber from the gluten-free Flatout wraps that pack 4 grams per serving. This dip will fill

Packed with plant-based protein from Jif Chocolate Peanut Powder and white beans, this recipe will fill you up without filling you out. This healthy snack is sure to please!

Find the recipe [here](#).

Health & Fitness Cheat Sheet: 5 Health Benefits of Peanut Butter



Peanut butter isn't just for kids! Here are 5 reasons why peanut butter may be the perfect addition to your diet:

- 1.) Aids in weight loss and muscle build
- 2.) High in vitamins and minerals
- 3.) Rich in antioxidants
- 4.) Wards off heart disease and some cancers
- 5.) Great for memory and brain health

- sauce
- 1 tbsp honey
- 1 clove garlic, finely chopped
- 1 juice from lime
- 1 1/2 tsp olive oil
- 1 pinch red pepper flakes
- salt, pepper

Preheat oven to 350 F. Place chicken breast on a baking dish and drizzle with olive oil and season with salt and pepper. Roast for 15-20 min.

Boil soba noodles according to package, drain, and immediately run under cold water.

Combine peanut butter, soy sauce, honey, garlic, lime juice, olive oil, and red pepper flakes in a large mixing bowl. Add cooked noodles and sliced peppers and toss to coat.

Place in bowls to serve and garnish with chopped scallions, peanuts, and mint. Add sliced, roasted chicken. Enjoy!

Serves 4

Nutrition per serving:
Calories: 470, Total Fat: 17g,
Saturated Fat: 3.5g,
Cholesterol: 105mg, Sodium:
370mg, Carbohydrates: 32g,
Fiber: 2g, Sugar: 8g, Protein:
49g

Find the original recipe by POPSUGAR [here](#).

Click [here](#) to read more!

30 Healthy Eating Tricks That Just Might Change Your Life

READER'S DIGEST
best
health



For those looking to up their breakfast game, control blood sugar, or curb appetite, check out Reader's Digest "Healthy Eating Tricks That Just Might Change Your Life."

Here's a sneak peek:

Healthy Eating Trick #4: Include peanut butter at breakfast

Forget butter, jelly, or cream cheese. Peanut butter raises the protein quality and quantity when added to bread, producing a highly nutritious and satiating food.

We couldn't agree more.

For more life-changing tricks, click [here](#).