

Peanut BITES



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Submit Your Peanut-Powered Recipe Now!

The **Peanut Institute** is partnering with **Meatless Monday** and the **Natural Gourmet Institute** for the **#PickPeanutProtein** Recipe Contest!

Calling all home cooks! Join Meatless Monday, The Peanut Institute and NYC's Natural Gourmet Institute (NGI) for an Instagram recipe contest this fall. To be entered to win, you must submit an original meatless entrée recipe on Instagram that highlights peanuts and/or peanut butter as a main ingredient, along with a photograph of the final product. You may submit the complete recipe within the photo caption, or provide a URL to the recipe online (e.g. personal website or blog). The vegetarian entrée may be for breakfast, lunch or dinner; must emphasize produce, legumes and/or whole grains; and be limited in refined grains and added sugars.

Submissions will be accepted between Monday, September 12th, and Friday, September 30th. **The winner will receive a brand new Vitamix blender and a hands-on cooking class at NGI!**

[Click here](#) for full contest rules and submission guidelines.

Why #PickPeanutProtein?

Why #PickPeanutProtein? **Recent research** shows that eating peanuts and peanut butter, every day, can significantly **reduce the risk of type 2 diabetes and heart disease, and increase longevity!**

Peanuts are a great-tasting and affordable source of plant protein. They are also more sustainable than other nuts and animal protein sources.

Nutritious, delicious, peanuts!

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[#PickPeanutProtein Recipe Contest](#)

[Recipe Contest Prizes](#)

Prizes for the #PickPeanutProtein Recipe Contest:

First place winner will receive:



Vitamix Professional Series 750 Heritage Blender (retail value \$700!)



Complementary tuition for a cooking class at the Natural Gourmet Institute in New York City

[Click here](#) to read more about the health benefits of peanuts.

New to Instagram?

Sign up [here](#).



Winning recipe will be featured in a press release, which will have exposure across the nation

2 runners up will receive a peanut gift basket from The Peanut Institute, containing healthy, delicious peanut products!