

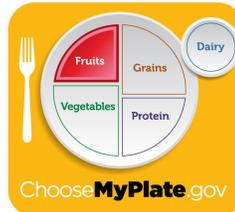
# Peanut BITES



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## USDA's MyPlate Challenge Week #2

The Peanut Institute continues partnership with USDA's MyPlate New Year's challenge to change America's eating habits. Week #2 focuses on increasing fruit consumption and peanuts make meeting this challenge easier.



Here are a few tips on how peanuts can enhance the flavor of your fruit filled favorites:

**DIY Snacks:** Personalize your trail mix using peanuts, dried fruits and seeds.

**Sweet & Savory:** Put peanut butter and strawberries in a tortilla, to make a unique quesadilla.

**Creamy Dips:** Stir cinnamon into peanut butter and use as a dip for fresh fruits.

For more recipe ideas go to [www.peanutpower.org](http://www.peanutpower.org)  
For more information about the MyPlate New Year's Challenge click [here](#).

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**SELF Features Peanut Powder Recipe:**

**Skinny PB&J Parfait**



6 oz. fat free vanilla Greek yogurt

2 Tbsp. peanut powder

1 Cup mixed berries

2 Tbsp. granola

1 Tsp. chia seeds

Combine the yogurt with the peanut powder and stir until well combined.

Layer the parfait as desired with the peanut butter yogurt, fresh fruit, granola and chia seeds.

See the article here: [13 High](#)

## Peanut Butter Trumps Other Nut Butters In Women's Health Article

The Peanut Institute is getting more great peanut coverage in 2017!

Women's  
**health&fitness**  
magazine

Recently, Women's Health & Fitness online magazine produced an article comparing nutrition quality of all nut butters. Peanut butter was at the top of that list where they highlighted peanuts as having high protein, vitamin E and healthy fat content.

This article was posted on their Facebook

page witch has a following of 1.9 million people!

[Protein Breakfasts For When You're Just Sick of Eggs.](#)

Read the full article [here](#).

## Energy-Boosting Tips Include Peanuts

**Woman's Day**

Women's Day Magazine promoted that eating peanut butter can help individuals find more energy and sleep better. They recommend swapping out a bedtime snack of cookies for peanut butter toast. Explaining that replacing saturated fat and sugar for carbohydrates and protein are linked to less disturbed sleep patterns.

