

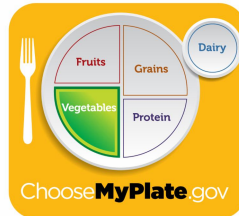
# Peanut BITES



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## Week #3 of the USDA's MyPlate Challenge

The Peanut Institute continues partnership with USDA's MyPlate New Year's challenge to change America's eating habits. Week #3 is focused on increasing consumption of vegetables.



Here are a few tips on how peanuts can enhance the flavor of your favorite vegetable recipes:

**Add a Crunch:** Toss peanuts into your favorite vegetable sauté.

**Mix it Up:** Blend peanuts into a classic hummus and use it to dip your veggies in.

**Liven the Favor:** Add peanuts to your best coleslaw recipe to give it a nutty flavor.

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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2016 CIA attendee features peanut butter in blog:

### Chocolate Peanut Butter Overnight Oats



- 1 cup rolled oats
- 2 Tbsp. peanut butter
- 1 cup chocolate flavored Powerful Yogurt protein drink
- 2 tsp. honey

In a medium bowl, stir together the oats and peanut butter. In a large liquid measuring cup, combine The Powerful Yogurt Drink and honey. Microwave just

## Peanuts Ranked Top 20 Plant-Based Proteins

Peanuts continue to thrive in the 2017 food trend of 'Plant-Based Proteins'.

Recently, Prevention online magazine rated the best plant based sources of protein, where peanuts and peanut butter were at the top of the list. They highlighted the versatility of peanut products, explaining that they go well with just about anything, even mentioning they go well on pizza! In addition, they reference peanuts' "second-meal effect," which was discovered by Mattes et. al. in a TPI-funded study at Purdue University.

# Prevention

This article was posted on Prevention's Facebook page, which has a following of 2.2 million people!

Read the full article [here](#).

## Before A Workout: Eat PB&J

WebMD

WebMD boasts that a peanut butter and jelly sandwich is the perfect pre-workout snack. They reveal that the carbohydrates from the bread and jelly are great for boosting energy

while the peanut butter provides high protein to help keep you fuller longer and prevent post-workout binges. They also cite that research shows eating small amounts of peanuts daily promote a healthy weight.



For the full slide show click [here](#).

for 10- 15 seconds until the honey melts. Be careful not to cook too long, or you'll cook the yogurt. Whisk together until the honey is dissolved in the yogurt.

Place in the refrigerator and chill overnight.

See the full recipe and blog [here](#).

