

OLD FASHIONED PEANUT BUTTER

WHAT YOU NEED:

Ingredients:

1 cup roasted peanuts
1 tablespoon oil
1/4 teaspoon salt (omit if
salted peanuts are used)

Equipment:

dry measuring cups
measuring spoons
rubber spatula
blender or food processor

WHAT TO DO:

(Follow instruction booklet directions for using the blender or food processor.)

Blender:

1. Place ingredients in blender container. Close top.
2. Push button to blend. Let blend several minutes.
3. Turn blender to OFF.
4. Remove top. Use a rubber spatula to scrape mixture from blender sides to the bottom and back in contact with the blades.
5. Close top. Blend until it looks like paste or is easy to spread.

Food Processor: (use metal blade)

1. Place ingredients in container and close.
2. Push button to blend.
3. Process for 3 to 5 minutes. (The ground peanuts will form a ball which will slowly disappear.)
4. Stop machine. Scrape sides of container with rubber spatula.
5. Start the machine. Process until it looks like paste or is easy to spread.

To serve, spread the peanut butter on crackers, bread, celery, apple slices, etc. Store in a tightly closed jar in the refrigerator. Oil may rise to the top upon standing. Just stir before serving.

Makes 1 cup peanut butter

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