



PROTEIN POWERHOUSE peanut

The majority of peanuts are produced in the panhandle and north-central regions of the state. Jackson, Santa Rosa, Levy, Okaloosa, Marion and Calhoun Counties account for approximately two-thirds of the state's peanut production.

Peanuts are packed nutrients essential for proper growth and development. Peanuts are a good source of magnesium which is important for healthy bones and muscles. Legumes, like peanuts, can also lower cardiovascular risk by reducing blood pressure and improving glycemic control.

Did you know?

- Peanuts are legumes, or a member of the pea family.
- Peanuts are a good source of protein, with 7 grams per oz. They also contain fiber and heart-healthy fats.
- It takes about 540 peanuts to make a 12-ounce jar of peanut butter.
- Peanuts grow underground, unlike other nuts including walnuts, almonds or cashews, which grow on trees.

Shopping, Preparing and Storing

- Buying raw peanuts in bulk can save you money. Look for them at your local farmer's market or grocery store during their peak harvest seasons.
- Raw peanuts in the shell can be kept in an airtight container in the refrigerator.

Cooking Tips

- To oven-roast peanuts, preheat the oven to 350 degrees F. Bake unshelled peanuts for 20 to 25 minutes or shelled peanuts for 15 to 20 minutes. Stir during cooking.
- Try flavoring your peanuts with spices like curry powder, paprika, garlic powder, Cajun seasoning, cinnamon or parmesan cheese.
- Roasted peanuts are a great addition to salads and stir-fries.

PEANUT SNACK BARS

- 4 cups rolled oats
- ½ cup peanuts, chopped
- 1/3 cup honey
- 1 cup peanut butter, melted
- ¼ cup dried fruit



1. Preheat an oven to 350 degrees F.
2. In a large bowl, combine the oats, peanuts and honey. Mix to combine.
3. Add the melted peanut butter and mix well.
4. Add the dried fruit and fold into the dough. If the dough is dry, add more peanut butter or honey, 1 tablespoon at a time, just until moistened.
5. Press dough into a lightly greased 9" x 13" baking dish. Bake for 25 minutes.
6. Slice into bars and serve as a protein-packed snack.



FRUITS

Make most of your choices whole or cut fruit instead of juice.

VEGETABLES

Eat a variety every day. Fresh, canned or frozen.

GRAINS

Make at least half of your grains whole grains.

DAIRY

For adults and children 2 years and older, drink 1 percent low-fat or fat-free milk.

PROTEIN

Choose lean meat, poultry without the skin, seafood, beans and peas, eggs, processed soy or nuts.