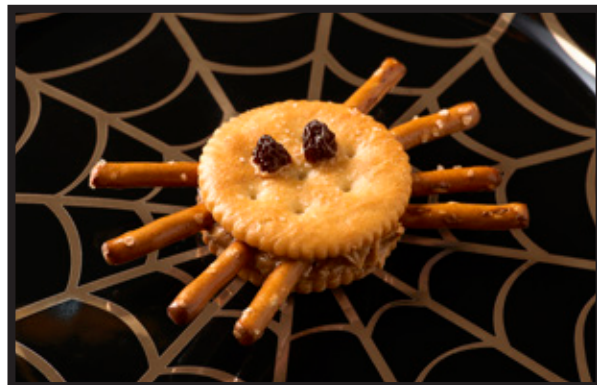


Peanut Butter Recipes

Ingredients:

- 1 sleeve round crackers (whole grain is best!)
- ½ cup peanut butter
- 100 pretzel sticks (approximately)
- 1 small bag raisins or chocolate chips

Peanut Butter Cracker Spiders



Directions:

Lay the crackers out on a tray or clean surface. Spread peanut butter on all the crackers. On half of the crackers, place eight pretzel sticks all the way around. One end will stick in the peanut butter. This makes the spider's legs. Place the other cracker on top. Using a toothpick, place two drops of peanut butter on the top of each spider. Then stick the raisin or chocolate chip for the spider's eyes.

Thai Peanut Sauce

Ingredients:

- ½ cup peanut butter
- 3 tbsp soy sauce
- 2 tbsp maple syrup or honey
- 1 tsp chili garlic sauce or red chili flakes, optional

- 3 tbsp lime juice or rice vinegar (white vinegar is a fine substitute, too)
- 1/4 cup water (to thin)

Directions:

Whisk the peanut butter, soy sauce, maple syrup, chili, and lime juice together until well blended. Add water just to desired thickness. This may vary, depending on what you are using the sauce for. Adjust seasoning as needed. This is a great dip for raw veggies. Enjoy!



Pour over rice and chicken or use as a salad dressing!

Chocolate, Peanut Butter, No-Bake Cookies

Ingredients:

- 2 ½ cups chocolate chips
- 1 cup peanut butter
- 1/4 tsp salt
- 1 tsp vanilla
- 1 cup walnuts, crushed (optional)
- 4 cups oats

Directions:

Line a baking sheet with parchment paper. Set aside. In a saucepan, slowly melt the peanut butter and chocolate chips together, stirring constantly. Once they are completely melted and blended, remove from heat. Stir in the salt and vanilla. Mix well. Fold in the oats and walnuts. Drop the mixture by the spoonful onto the prepared baking sheet. Let cool for about 20 minutes or until set.

