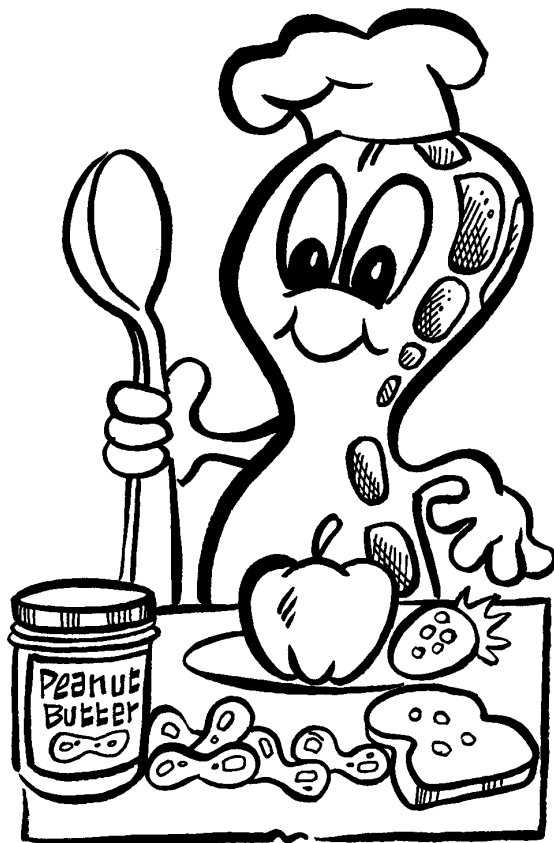


Kid's Corner



**Georgia Peanut Commission
Education Services Department
P.O. Box 967
Tifton, GA 31793
(229) 386-3470
FAX (229) 386-3501
e-mail: info@gapeanuts.com**

I Can Make It!



**If I were an Owl
with big eyes that wink
this would be
my favorite
peanut butter drink!**



*2 tablespoons peanut butter
1/4 cup frozen lowfat vanilla yogurt
1/2 cup skim milk
1 tablespoon chocolate syrup*

1.
Put all ingredients in a blender.
2.
Put top on blender.
3.
Mix for thirty seconds.
4.
Pour into a glass.

**If I were a Lion
all big and furry
I would want my
peanut butter
breakfast in a hurry!**



*1 waffle, cut into 4 pieces
2 teaspoons peanut butter
4 banana slices
Pinch of powdered sugar*

1.
Spread peanut butter on each waffle slice.
2.
Put two banana slices on top of the peanut butter.
3.
Sprinkle each piece with powdered sugar.

**If I were a Tiger
all orange and black
this would be my
favorite
peanut snack!**



*1/4 cup peanuts
1/4 cup gummy candy
1/2 cup popcorn
1/4 cup round oat cereal*

1.
Put all ingredients into a plastic zip-close bag.
2.
Close the bag and shake to mix.

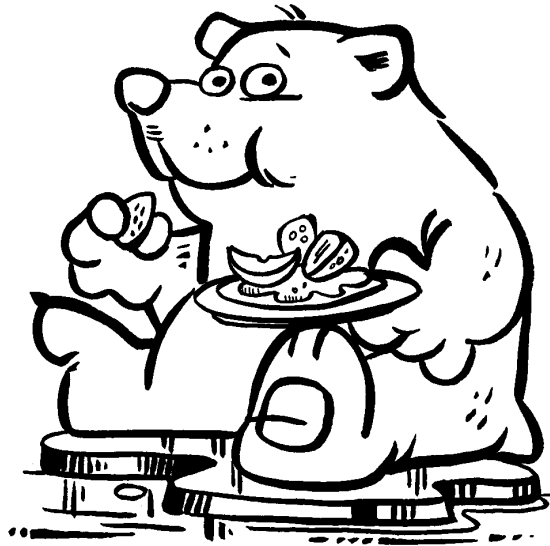
**If I were a Beaver
with big teeth
that munch
this would be
my favorite
peanut butter lunch!**



*2 slices of bread
2 tablespoons of peanut butter
1 tablespoon of honey
Sprinkle of cinnamon*

1.
Mix peanut butter and honey in a cup.
2.
Spread peanut butter and honey mix on one slice of bread.
3.
Sprinkle peanut butter and honey slice with cinnamon.
4.
Sandwich the 2 pieces of bread together.

**If I were a Polar Bear
ready for a dip
I would want my
peanut butter
dinner in a zip!**



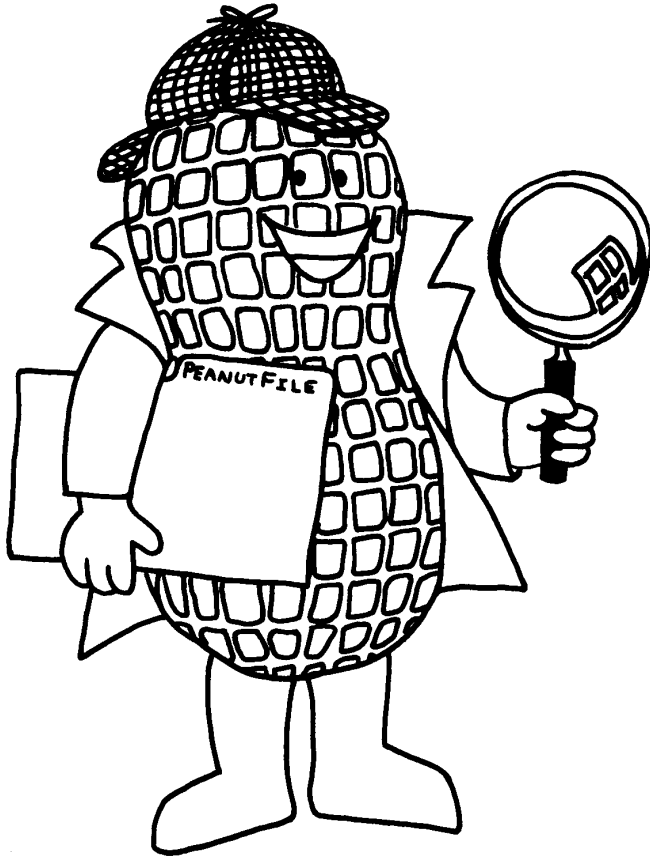
*2 tablespoons peanut butter
1 English muffin
1 large strawberry, sliced
Sprinkle of brown sugar
Sprinkle of cinnamon*

1.
Spread peanut butter on muffin.
2.
Put strawberry slices on top of peanut butter.
3.
Sprinkle with brown sugar.
4.
Sprinkle with cinnamon.
5.
Bake in a 425 degree oven about ten minutes until lightly brown.

The Case of the *Mysterious* Peanut

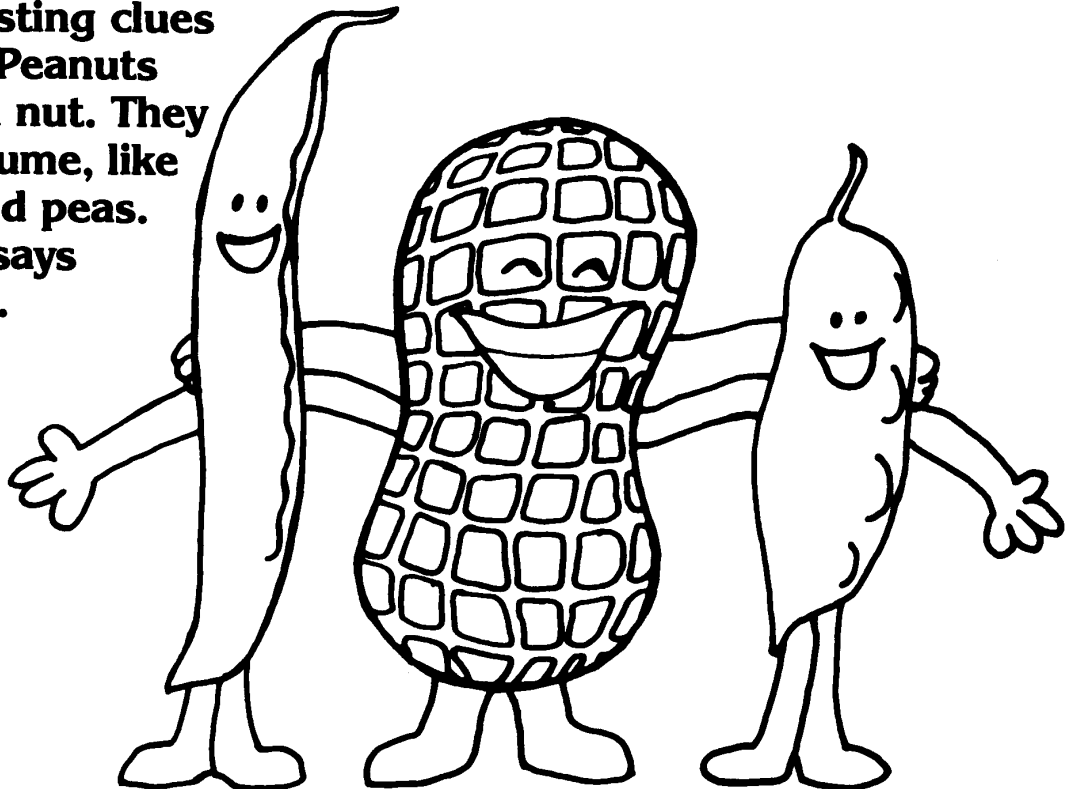


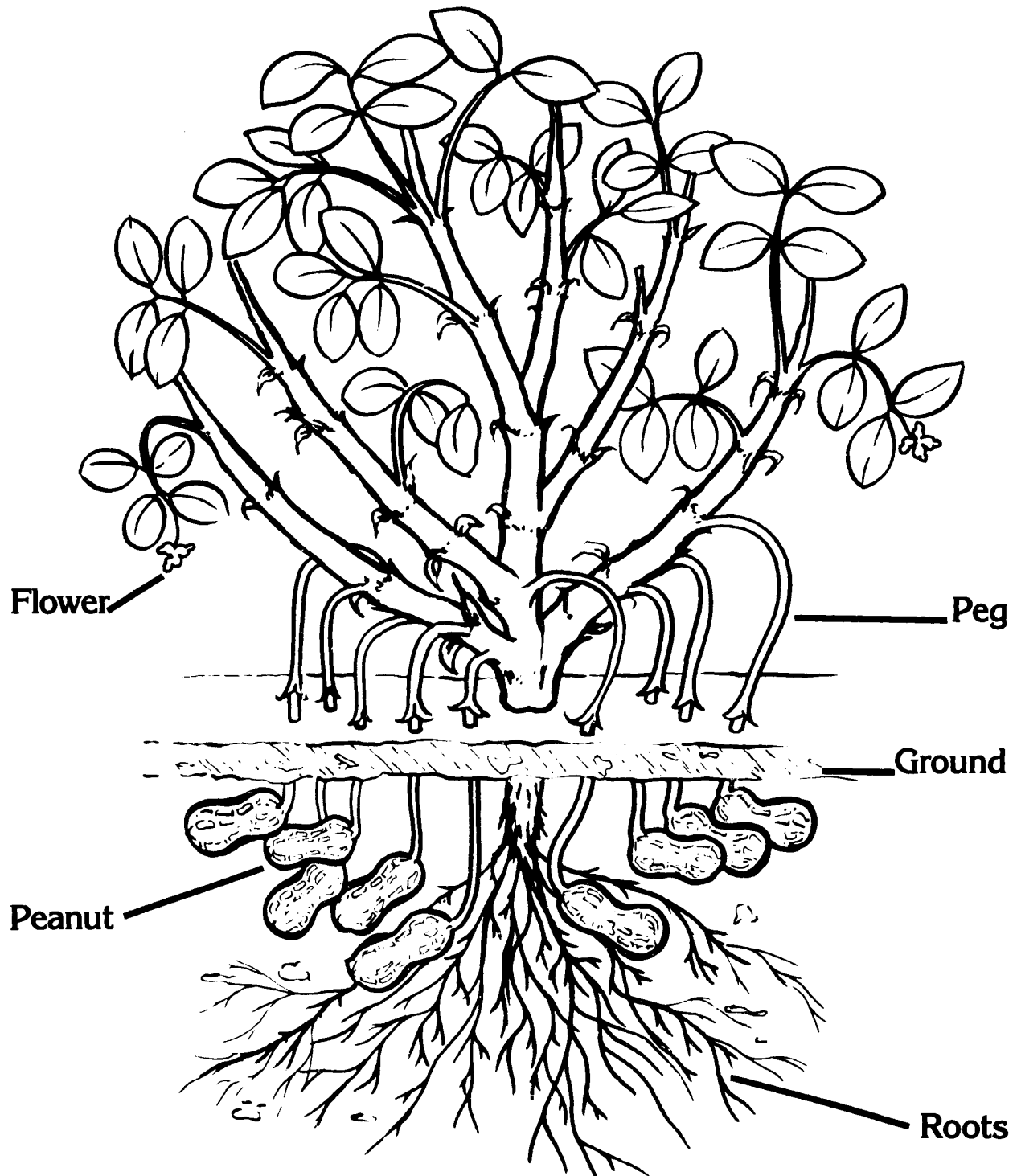
A BOOK FOR YOU TO COLOR



Sherlock, the peanut detective has a new assignment — He has to find out all about the peanut. (Peanuts are sometimes known as goobers, groundpeas or groundnuts.) Sherlock has to report back with the facts.

Interesting clues turn up. Peanuts are not a nut. They are a legume, like beans and peas. "Hmm," says Sherlock.



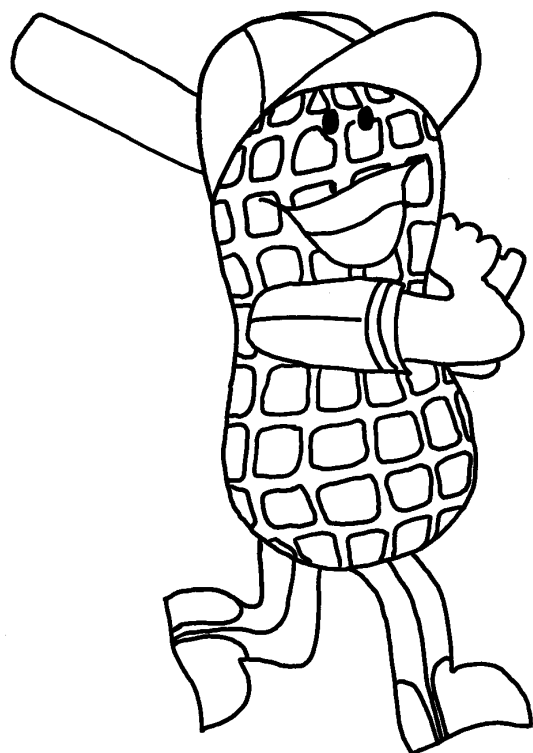
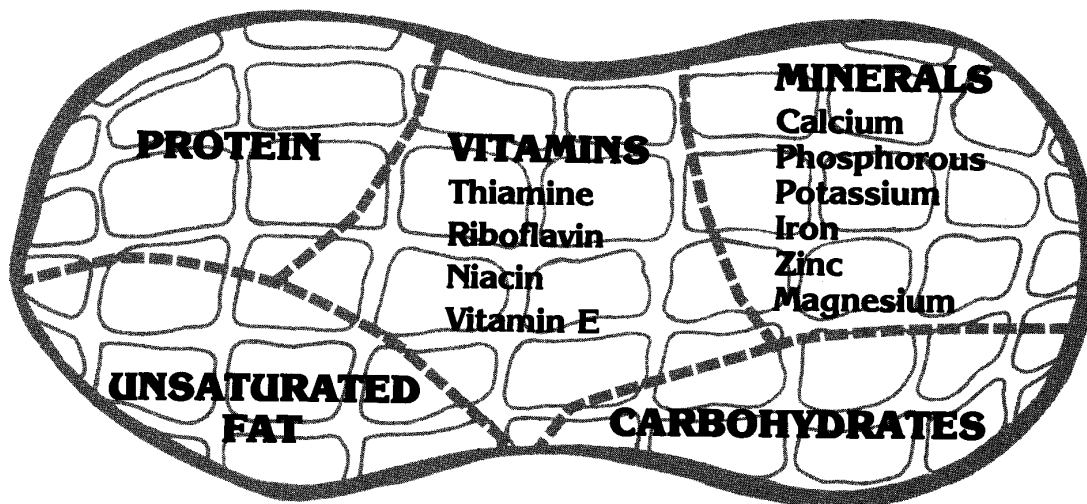


Sherlock finds some surprising evidence:

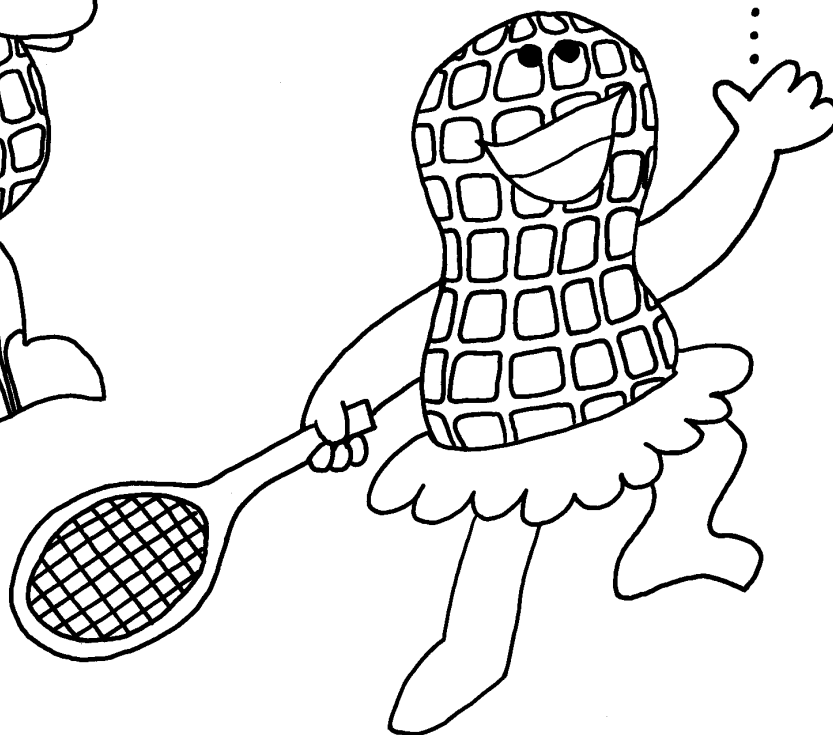
- ... the peanut plant is a vine,**
- ... the peanuts grow underground.**

“Uh huh,” Sherlock says to himself. “This must be why peanuts are sometimes called groundpeas and groundnuts.”

Sherlock discovers another clue: Peanuts are nutritious.

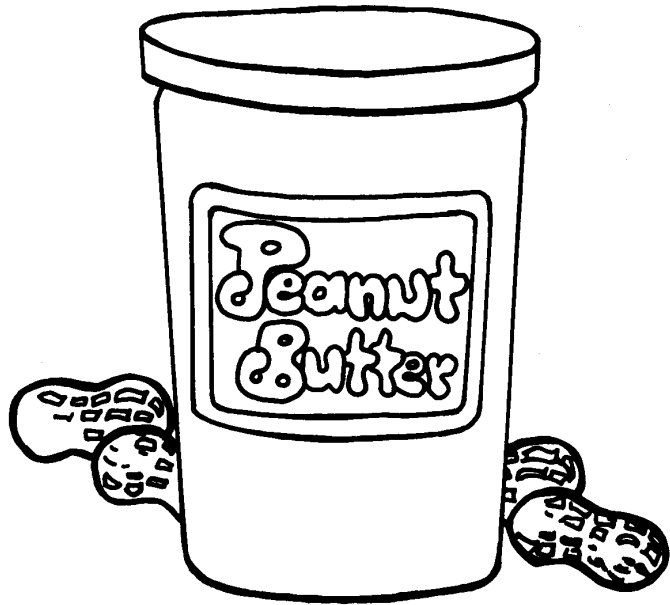


“Aha!” thought Sherlock. “With all that nutrition, no wonder those who eat peanuts are active, strong and healthy.”



In his search for evidence, Detective Sherlock learned that when peanuts are ground they become peanut butter. "Could the nickname 'goober' come from the word gooey?" he wondered.

(See Sherlock's file below for how to make peanut butter. He suggests that you may wish to get someone to help you.)



PEANUT FILE:

Old Fashioned Peanut Butter

What you Need

Ingredients:

- *1 cup roasted shelled peanuts
- 1 teaspoon oil
- ¼ teaspoon salt (omit if salted peanuts are used)

Equipment:

- measuring cup
- teaspoon measure
- ¼ teaspoon measure
- rubber spatula
- blender or food processor
- jar (or other container with lid)

Directions

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

Blender:

1. Place ingredients in blender. 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. Plug in.
3. Process for 3 to 4 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 make crunchy peanut butter stir in an additional ¼ cup chopped roasted peanuts after blending or processing is completed.

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.)

6

As he continued to look for evidence, Sherlock saw that just about everyone likes peanuts. "Enough clues. Time to make my report," he thought.

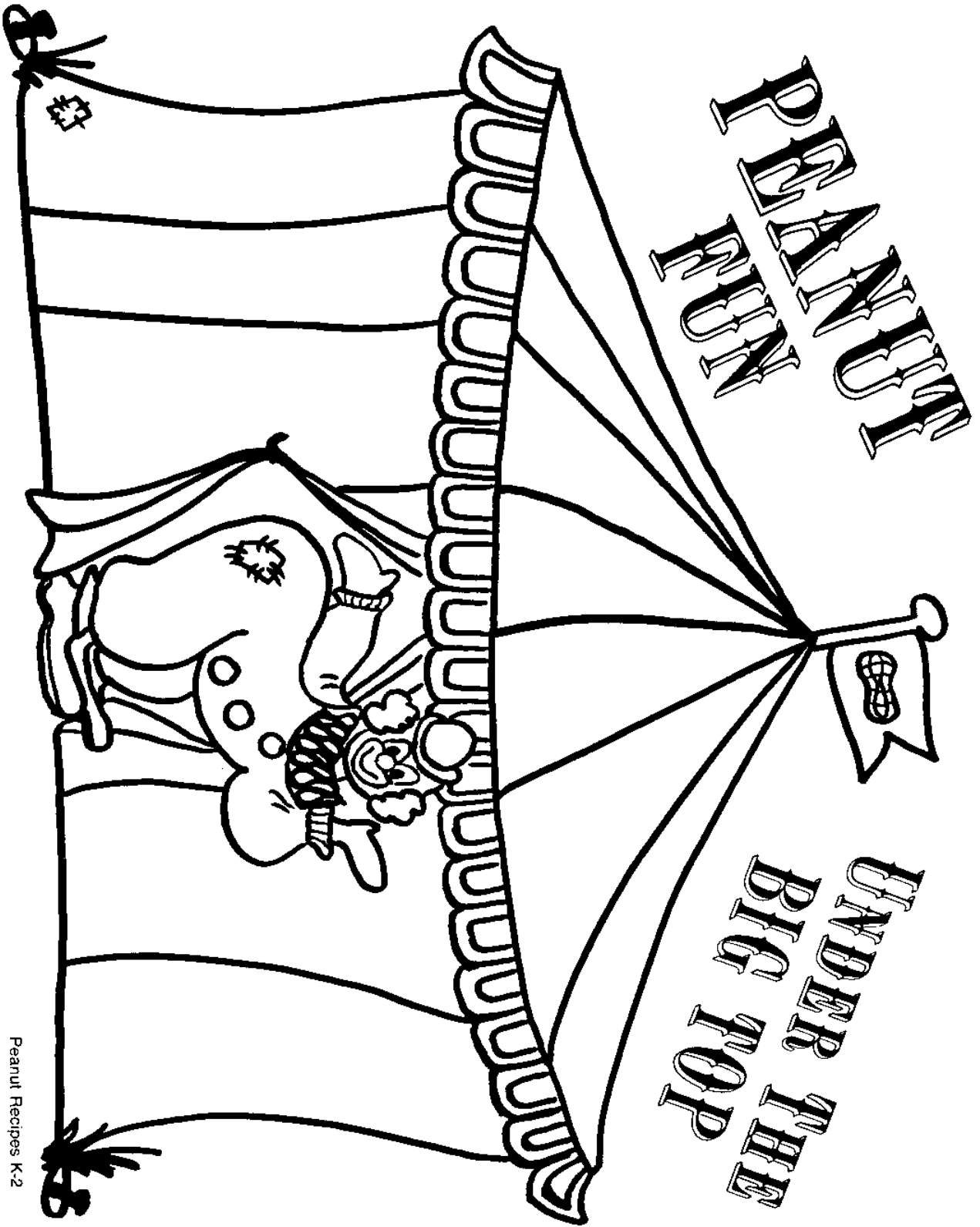


PEANUT FILE:

Summary of Peanut Case —

- Peanuts are not a nut, they are a legume.
- Peanuts grow underground from a vine.
- Peanut butter is made of ground peanuts.
- Peanuts and peanut butter provide nutrients for energy and good health.
- Peanuts are liked by nearly everyone. Case is Closed. **The Peanut Mystery is Solved.**

Sherlock, the Peanut Detective



UNDER THE
BIG TOP

UNDER THE
BIG TOP

OLD FASHIONED PEANUT BUTTER

WHAT YOU NEED:

Ingredients:

- 1 cup roasted peanuts
- 1 tablespoon oil
- ¼ 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. 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. Plug in.
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.)

PEANUT BUTTER SANDWICHES

WHAT YOU NEED:

Ingredients:

- 2 slices of bread for each sandwich
- peanut butter, crunchy or smooth
- any of the following: jelly, jam or preserves
- banana
- raisins
- honey or syrup

Equipment:

- teaspoon
- table knife
- cutting board

WHAT TO DO:

Spread peanut butter on one slice of bread. Top with remaining bread.

- OR -

Spread peanut butter on one slice of bread. Spoon jelly, jam or preserves onto other slice and spread to edges of bread. Put slices together to make a sandwich.

- OR -

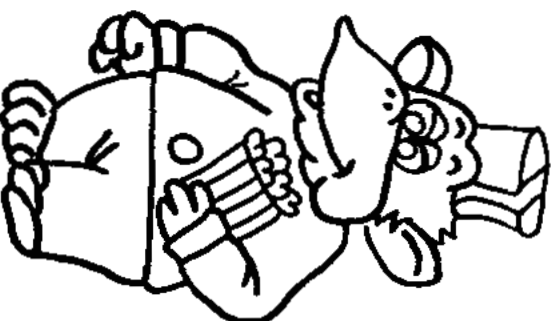
Spread peanut butter on one slice of bread. Use cutting board and knife to slice banana. Place banana slices on peanut butter. Top with remaining bread.

- OR -

Spread peanut butter on one slice of bread. Sprinkle with raisins. Top with remaining bread.

- OR -

Spread peanut butter on one slice of bread. Spread honey or syrup on second slice. Put slices together to make sandwich.





Tasty Fruity Peanut Treats



BANANA BOATS

WHAT YOU NEED:

Ingredients:

- 1 banana
- ¼ cup chopped roasted peanuts
- 2 lettuce leaves
- mayonnaise
- 2 cherries

Equipment:

- dry measuring cups
- cutting board
- kitchen knife
- 2 salad plates

WHAT TO DO:

1. Peel banana.
2. Place banana on cutting board and cut in half crosswise.
3. Then cut halves lengthwise.
4. Place lettuce on salad plate.
5. Place banana on lettuce.
6. Spread mayonnaise thickly on banana.
7. Sprinkle chopped peanuts on the banana.

APPLES STUFFED WITH PEANUT BUTTER

WHAT YOU NEED:

Ingredients:

- a cored apple
- peanut butter, crunchy or smooth

Equipment:

- knife
- spoon

WHAT TO DO:

- Fill the cored apple with peanut butter.

HONEY PEANUT BUTTER BALLS

WHAT YOU NEED:

Ingredients:

- ½ cup peanut butter
- ½ cup honey
- 1 cup dry milk
- 1 cup chopped peanuts

Equipment:

- dry measuring cups
- 2 bowls
- wooden spoon
- plate

WHAT TO DO:

1. Combine peanut butter and honey in a bowl.
2. Add the dry milk, a little at a time, mixing well.
3. Form the mixture into little balls about the size of a nickel.
4. Roll the peanut butter balls into the chopped peanuts until covered.
5. Place on a plate – ready to serve.

CHRIS

PEANUT BUTTER SWIRL

WHAT YOU NEED:

Ingredients:

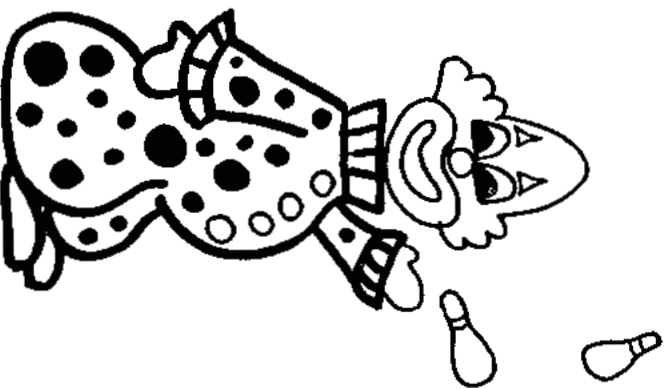
- 2 squares graham crackers
- 2 tablespoons peanut butter
- 1 tablespoon strawberry, pineapple or orange yogurt
- 1/8 teaspoon nutmeg

Equipment:

- table knife
- measuring spoons
- spoon

WHAT TO DO:

1. Spread peanut butter on the graham crackers.
2. Top with a swirl of yogurt.
3. Sprinkle with nutmeg.



BANANAS AND PEANUT BUTTER

WHAT YOU NEED:

Ingredients:

- bananas
- peanut butter

Equipment:

- knife
- chopping board

WHAT TO DO:

1. Peel bananas.
2. Place banana on chopping board and cut in half crosswise.
3. Then cut banana lengthwise.
4. Spread peanut butter on cut parts of banana.
5. Put banana halves back together.

APPLE WEDGIES

WHAT YOU NEED:

Ingredients:

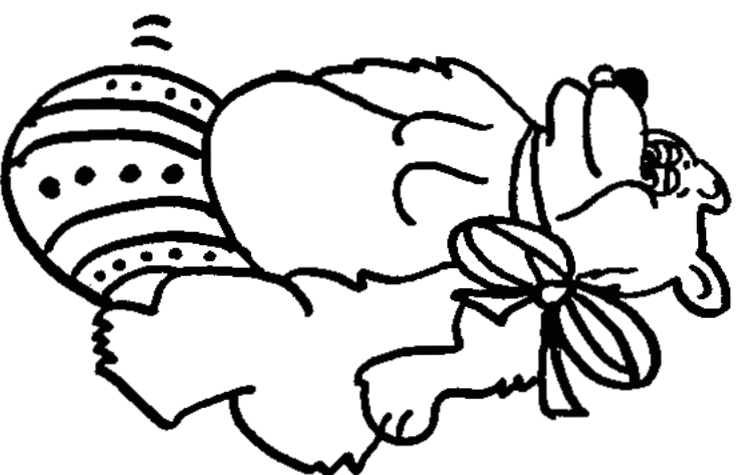
- apples
- peanut butter
- raisins

Equipment:

- cutting knife
- spreading knife
- chopping board

WHAT TO DO:

1. Core apples.
2. Cut each apple into eight wedges on chopping board.
3. Spread each wedge with peanut butter.
4. Sprinkle each wedge with raisins.





Peanut Snacks To Clown Around With

GO GO SHAKE

WHAT YOU NEED:

Ingredients:

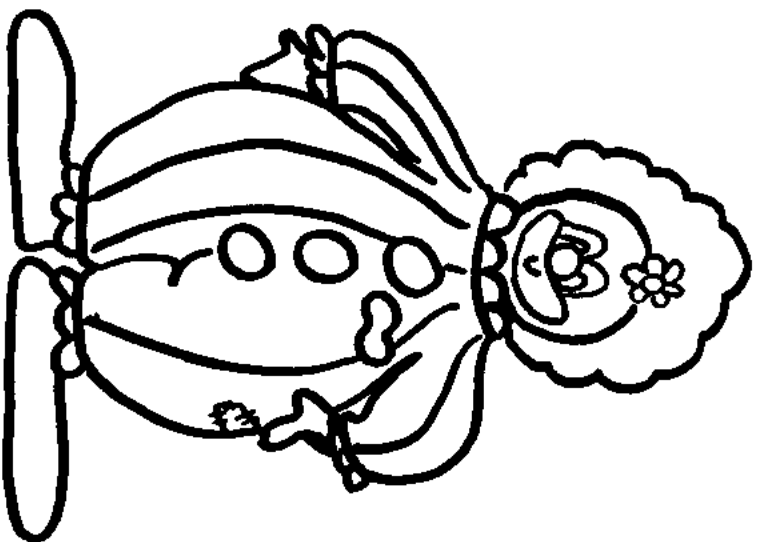
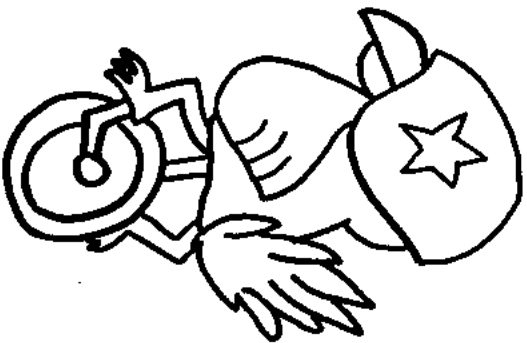
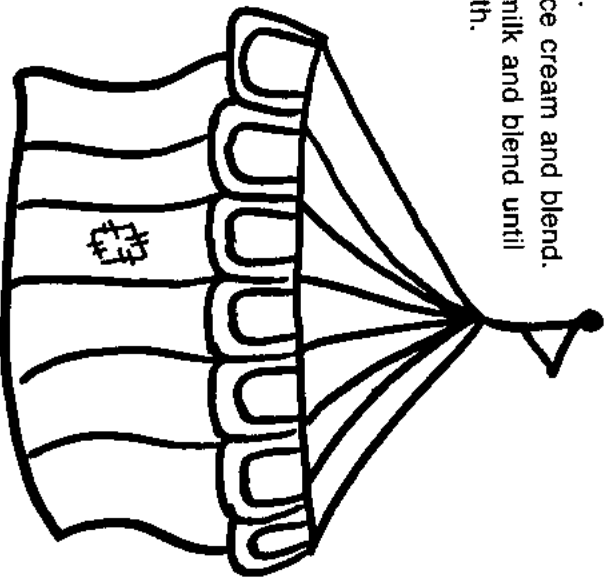
- 1 small banana
- ¼ cup smooth peanut butter
- ½ pint vanilla ice cream
- 1 cup milk

Equipment:

- blender
- dry measuring cups
- liquid measuring cup

WHAT TO DO:

1. Peel banana and put in blender. Blend until smooth.
2. Add peanut butter and blend.
3. Add ice cream and blend.
4. Add milk and blend until smooth.



BUGS ON A LOG

WHAT YOU NEED:

Ingredients:

- celery
- peanut butter, crunchy or smooth
- raisins

Equipment:

- table knife
- cutting knife
- cutting board

WHAT TO DO:

1. Place celery on cutting board.
2. Cut each stalk into two or three lengths.
3. Fill each celery piece with peanut butter.
4. Dot peanut butter with raisins.

YUMS

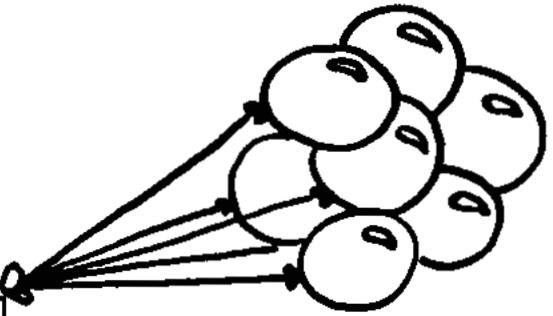
WHAT YOU NEED:

Ingredients:
saltine or graham crackers
peanut butter
large marshmallows

Equipment:
spreading knife
1 broiler oven

WHAT TO DO:

1. Spread each cracker with peanut butter.
2. Top with a marshmallow.
3. Place under the broiler until marshmallow starts to brown.



For further peanut information, write to:

AMERICAN PEANUT COUNCIL EDUCATIONAL SERVICE
P.O. BOX 845
NASHVILLE, NC 27856-0845
FAX: 252-459-7396

GORP

GOOD OLE' RAISINS AND PEANUTS

WHAT YOU NEED:

Ingredients:
1 cup raisins
1 cup roasted peanuts

Equipment:
mixing bowl
dry measuring cups
spoon
storage container

WHAT TO DO:

1. Put raisins and peanuts into bowl.
2. Use spoon to toss the raisins and peanuts together.
3. Store in a closed container (a jar, plastic container or plastic bag).

