

Peanut Butter Muffins

½ cup peanut butter
¼ cup butter, softened
½ cup sugar
2 medium eggs
½ teaspoon salt
1 TB and 1 tsp. Baking powder
1 ¼ cup all purpose flour
¾ cup milk

Mix peanut butter, butter, sugar, eggs, salt, and baking powder. Mix well. Add flour and milk to the mixture. Mix well. Grease a muffin tin with shortening or spray. Fill each cup 2/3 full with mixture. Bake at 325 F until brown.

Crediting Info: Makes 10 muffins. One half muffin counts as 1 bread serving for a 1-5 year old.

Peanut butter and Jelly Song

First you take the peanuts
And you crunch 'em,
You crunch 'em
First you take the peanuts
And you crunch 'em,
You crunch 'em

For your peanut, peanut butter
And jelly
Peanut, peanut butter
And jelly

Then you take the grapes
And you squish 'em,
You squish 'em
Then you take the grapes
And you squish 'em,
You squish 'em

For your peanut, peanut butter
And jelly
Peanut, peanut butter
And jelly

Then you take the bread
And you spread it,
You spread it
Then you take the bread
And you spread it,
You spread it

For your peanut, peanut butter
And jelly
Peanut, peanut butter
And jelly

Then you take your sandwich
And you eat it,
You eat it
Then you take your sandwich
And you eat it,
You eat it

'Cause its good, peanut butter
And jelly
Good, peanut butter
And jelly

First you take the peanuts
And you crunch 'em,
Then you take the grapes
And you squish 'em,
Then you take the bread
And you spread it,
Then you take your sandwich
And you eat it

'Cause its good, peanut butter
And jelly
Good, peanut butter
And jelly!

Note: For those of you who may be unfamiliar with the tune for this song, you may review a sample audio clip by visiting Amazon.com, and searching for "Barney's Favorites, Vol. 1." Additionally, there is a video featuring this song that can be viewed at youtube.com by visiting <http://www.youtube.com/watch?v=7pRXGywEsdo>.



Peanut butter may be counted as one of the two components at snack.

Peanut butter and nuts at lunch and dinner must be supplemented with another meat/meat alternate. You might try yogurt, string cheese or sliced Canadian bacon along with nuts or peanut-butter sandwiches.

Spread peanut butter thinly. Avoid spoonfuls or chunks of peanut butter or other nut/seed butters

Peanut butter is not creditable for infants under 1 year. Serve with caution to children under the age of 4 due to choking hazards.



“Going Fishing” by Fran Reed

Peanut butter
Small stick pretzels
fish-shaped crackers

Put portions of peanut butter, pretzels, and crackers on each child’s plate. Show how to use the "fishing poles" (pretzels) with a dab of "bait" on the end (peanut butter) to catch "fish" (crackers).

Waffle sandwiches

Two waffles, frozen or homemade,
Peanut butter and jelly
Sliced bananas, honey, dried fruit, coconut, nuts.

Encourage children to be creative and come up with their own sandwich combinations.

You might spread peanut butter on toast, pita bread, crackers, cabbage leaves, tortillas, rice cakes, bananas cut length-wise.

You might use peanut butter as a dip for apple slices, carrots, pretzels, graham cracker sticks, celery sticks, cauliflower,

You might decorate items spread with peanut butter, to make faces or designs, with dried fruit, coconut, granola, cereal, grated apple, wheat germ, shaped crackers.

Apple Merry-Go Rounds

4 medium Apples (1/2 per child) Animal Crackers
8 Tbsp Peanut Butter Pretzel Sticks (to represent poles)

Wash apples. Core whole apples with apple corer. Slice each apple into 4 rings. Spread ½ tablespoon of peanut butter on each apple ring. Stand 3 animal crackers around the edge of each apple slice.

For the most recent information regarding the Peanut Product Recall, please visit the U.S. Food and Drug Administration site at <http://www.fda.gov/oc/opacom/hottopics/salmonellatyph.html>.

Peanut Butter Playdough

1 c. peanut butter
1 ½ c. powdered milk
½ c. honey

Mix the ingredients together in a medium size bowl.

Ideas:

1. Add raisins, nuts, chocolate chips, mini-marshmallows, or cheerios for decoration. Roll into granola, coconut, crushed graham crackers, etc.
2. Make sure to wash hands before playing with the dough.
3. Babies under 1 year should not eat the dough due to the honey.
4. Exercise caution as some of the ingredients are a choking hazard for toddlers and some children may have serious allergies to peanuts.

