

# The Peanut Sun-Times

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## Retail peanut butter still a safe, nutritional snack



The Texas Peanut Producers Board is still encouraging consumers to purchase retail brand peanut butter, because it remains a safe, nutritious snack packed with energy.

“Texas peanut farmers and shellers take producing an abundant, safe and nutritious food product very seriously,” said Shelly Nutt, TPPB executive director.

“Peanut Corporation of America used about 2.5 percent of the peanuts processed each year in the United States,” Nutt said. “While more than 4,000 retail products were recalled, the overwhelming majority of peanut products were not affected. We have stressed over and over that major national brands of peanut butter available in the grocery store are still safe and not affected by the recall.”

Nutt said peanut butter is still one of the most nutritious snacks available and it’s still a product Texas peanut producers will stand behind and promote to consumers. Since the salmonella outbreak, TPPB directors and staff have been actively engaged with the local, state and national media to help spread the message that major brand peanut butter is still safe to eat.

“America loves peanut butter,” Nutt said, “and we’re not going to stop promoting it as one of the most nutritious food sources available to consumers.”

Peanut butter is an excellent source of 30 vitamins and minerals and is proven to reduce the risk of heart disease and diabetes. For more information about Texas peanut production, go to [www.TexasPeanutBoard.com](http://www.TexasPeanutBoard.com).

### Recipes

#### Double Peanut Breakfast Bars

**Ingredients:** 1 1/2 cups whole grain flake cereal, 1 cup whole grain “O” shaped cereal, 1/2 cup chopped dry-roasted peanuts, 1/2 cup dried fruit, 1/3 cup honey, 1/3 cup packed golden brown sugar, and 3 tbs. peanut butter

**Directions:** Stir together cereals, peanuts & dried fruit. Combine honey, brown sugar & peanut butter in saucepan. Bring to a boil over medium heat, stirring constantly. Pour over cereal mixture & stir until well coated. With back of oiled spoon, press mixture into lightly greased 8-in square pan. Cool. Cut into 9 pieces.

Go to [www.texaspeanutboard.com](http://www.texaspeanutboard.com) for nutritional information for this recipe



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