Nuts about Peanut Butter?

Do you know why peanut butter is so good for you? It is an excellent source of plant-based protein and contains a variety of vitamins and minerals. Although peanuts are high in fat, more than half of it is the heart-healthy variety that is good for you, if eaten in moderation.

Peanut butter is prepared by grinding shelled and roasted peanuts. The difference between the types of peanut butter lies in the amount and kind of added ingredients.

**Natural peanut butter** is made only of peanuts and some salt. It does not contain stabilizers which is why it separates at room temperature. Just stir and refrigerate.

**Conventional peanut butter** can have up to 10% other ingredients, most often hydrogenated oil, sweeteners such as honey and sugar as well as salt. Hydrogenated oil is the "bad" kind of fat that can increase cholesterol levels and lead to heart disease. It is added to prevent separation and extend shelf life.

**Peanut butter spreads** - if it contains less than 90% peanuts, it must be called a spread.

**Fun Fact:** Did you know that peanuts are not nuts but legumes - like beans and peas?