

# XCentric Ideas



Recipes from  
Internet

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by  
ALMA PRETORIUS  
alma@xcentricideas.co.za  
www.xcentricideas.co.za

# Peanut Butter Facts

- Archibutyrophobia (pronounced A'-ra-kid-bu-ti-ro-pho-bi-a) is the fear of getting peanut butter stuck to the roof of your mouth.
- Women and children like creamy peanut butter best.
- Men like chunky peanut butter best.
- The world's largest peanut butter and jelly sandwich, made in Grand Saline, T.X., weighed 1,342 pounds.
- Peanuts aren't nuts. They're legumes. So it's technically inaccurate to call it a nut butter, but it's usually referred to one anyway.
- Most peanut butters are vegan and gluten-free.
- The Huffington Post (*Sept. 2014*) asked, "What makes the best peanut butter and jelly sandwich? "Good question," we say! Results show, 36 % say strawberry jam is favorite (grape is 31%); favorite bread is white bread (54%); favorite type of peanut butter is smooth (56%) and a whopping 80 % like their PB & J with the crust left on the sandwich.
- Peanut shells are used to make kitty litter, wallboard, fireplace logs, paper and animal feed, and are sometimes used as fuel for power plants.
- Africans ground peanuts into stews as early as the 1400s; Chinese have crushed peanuts into creamy sauces for centuries; and Civil War soldiers dined on "peanut porridge".



## Peanut Butter Balsamic Vinegar Vinaigrette

½ cup extra virgin olive oil  
2 tbsp balsamic vinegar  
2 tbsp smooth peanut butter (*or other nut butter*)  
Salt to taste

Combine the ingredients in a salad dressing shaker or whisk together till smooth and creamy.

*Drizzle on salads, chicken, pork. It will be amazing on a plain baked cheesecake!!!!*

# Peanut Butter Banana Muffins Grain, Gluten & Sugar Free



1 cup smooth peanut butter  
2 medium sized ripe bananas, mashed  
½ tsp baking soda / bicarbonate of soda  
2 tbsp of raw honey (*or other sweeteners such as maple syrup, stevia, etc.*)

2 large eggs  
1 tsp vanilla essence  
1 tsp white vinegar / apple cider vinegar

Preheat oven to 200 oC. Place all ingredients into a blender or food processor with plastic blade. Blend until well mixed. Pour batter into cupcake wrappers in muffin tin. You can also use a mini muffin tin to make 24 mini muffins.

Cook time: 15 minutes for full size muffins and 10 minutes for mini muffins (always test with skewer to see if it's done)

*The muffins are a bit dry, but with a smear of butter or frosting, it will be perfect.  
Frosting idea: Mix smooth cottage cheese with diabetic jam for frosting on top.*

# Peanut Butter Fudge = No baking



- 2 tbsp butter
- 1 tbsp vanilla essence
- 2 cups icing sugar (sifted)
- 2 cups creamy peanut butter \*\*

*\*\*Instead of peanut butter, you can use 2 cups salted peanuts. Blitz it in food processor and add 3 tbsp sunflower oil and blitz further till smooth.*

Melt butter in microwave or on stove. Add butter to rest of ingredients in mixing bowl and mix well.

Spread out on a greased cookie sheet (**NOT TOO THIN ... YOU CAN SEE ON THE PICTURE I MADE THAT MISTAKE**) and then refrigerate. *You can also freeze this.*  
***Fudge must be kept refrigerated.***



## 3 Ingredient Peanut Butter Cookies

1 cup smooth peanut butter

½ - 1 cup brown /white sugar OR ¾ cup maple syrup (depends on your taste)

1 large egg

Preheat oven to 180 oC. Mix the ingredients together, roll in small balls and place on greased baking sheet. Press down with fork. Bake for 8 – 10 minutes. Let cool for 2 minutes and let it cool down completely on wire rack.

*Idea: You can melt chocolate and dip the cooled cookies, then refrigerate till chocolate is hard.*



# Peanut Ginger Balls = No baking

2 cups salted peanuts, chopped finely  
8 soft dried dates, pitted, chopped finely  
3 tbsp molasses treacle / honey / syrup  
1 tsp ground cinnamon  
10 small pieces preserved ginger  
1 tsp ground cinnamon  
dash ground cloves  
dash ground nutmeg

Mix everything together, roll in balls and put in freezer to set. *Keep refrigerated.*

# Peanut Butter Oatmeal

## Bars

= No baking



2 cup smooth peanut butter

3 cups old fashioned oats

Choc chips (*optional: it makes it real sweet*)

1 cup honey

1 tsp vanilla

In big saucepan, mix peanut butter and honey over medium heat till melted (stir constantly.)

Stir in vanilla. Remove from heat. While hot, mix in oatmeal till all ingredients are combined, together with choc chips. Pour into well greased 8x8 baking dish and distribute evenly. Place in fridge till it firms up. Slice and enjoy.

*You can keep this in freezer. But it MUST be kept in fridge.... Otherwise it goes soft.*



# Peanut Butter Raisin Seed Balls = No baking

1 cup peanut butter (or other nut butter)

1 tsp vanilla essence

1 cup raisins

Mixed seeds for rolling (you can also use desiccated coconut to roll it in)

By hand in a mixing bowl, mix peanut butter, vanilla essence and raisins.

Spread mixed seeds / desiccated coconut on flat bowl / plate.

Using 2 teaspoons, drop a teaspoon size of mixture onto mixed seeds / desiccated coconut and with the 2 teaspoons roll it in a ball. Chill in freezer for 1 hour or longer. **DO NOT EAT FROM FREEZER ... YOU WILL BREAK A TOOTH.** *But keep refrigerated.*



# Peanut Butter Oreo Truffles = No baking

10 Oreos

3 tbsp of apricot yogurt (*or Greek yoghurt*)

2 tbsp smooth peanut butter

Unsweetened shredded coconut/chopped nuts/icing sugar

Crush Oreos using a plastic bag and anything that can pound OR use a food processor.  
Mix together Oreos, peanut butter, and 3 tablespoons of yogurt.

With you hands, form mixture into balls a little bit smaller than a golf ball. Apply nuts, shredded coconut, or powdered sugar by rolling truffles in a bowl with your choice of topping  
Freeze for at least 30 minutes. You can eat it straight from the freezer.

*Keep refrigerated ... they go soft.*

# Peanut Brittle

= No baking



2 tbsp butter  
1 cup white sugar  
1 cup salted peanuts

Spray cookie sheet. (*I used greased waxed paper and it still stuck to the brittle, so I was not pleased.*)

Melt butter in a saucepan over medium heat. Stir sugar and salt with melted butter to dissolve completely. It will take about 10 minutes.

Remove saucepan from heat, quickly add peanuts, stir to coat completely; **immediately** pour onto prepared pan and spread into an even layer. Refrigerate until brittle, at least 30 minutes. Remove from cookie sheet and break into pieces.

# Peanut Butter Banana Bruléé



1 banana  
1 tbsp milk  
1 tsp smooth peanut butter  
Pinch of All Spice  
Castor Sugar

Blend the banana, milk & peanut butter till smooth. Pour in ramekin, pour a thick layer of castor sugar on top and caramelize under grill or with blow torch.

*Its not very sweet – so flavour it with lemon zest or more spices in the mixture.*