



National Commodity Supplemental Food Program

Peanut Butter Bread

Makes: 1 Loaf

Bake Time: 1 hour



Ingredients

2 cups all-purpose flour
¼ cup sugar
4 teaspoons baking powder
½ teaspoon salt
1 1/3 cups milk
½ cup peanut butter

Directions

Preheat oven to 325 degrees Fahrenheit.
Mix dry ingredients together.
In same bowl, mix in milk, then add peanut butter.
Pour mixture into greased 8 ½ x 4 ½ loaf pan.
Bake until toothpick inserted in center comes out clean (1 hour).

Nutrition Facts

# servings per recipe	12
Serving size	1 slice
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 6.2g	8%
Saturated Fat 1.5g	8%
<i>Trans Fat</i> 0g	
Cholesterol 2mg	1%
Sodium 161mg	7%
Total Carbohydrate 24.3g	9%
Dietary Fiber 1.2g	4%
Total Sugars 6.5g	
Includes Added Sugars	
Protein 5.7g	
Vitamin D 0mcg	1%
Calcium 108mg	8%
Iron 2mg	12%
Potassium 276mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CSFP Food Item Spotlight:

Peanut Butter contains good amounts of healthy fats and proteins
Peanut Butter is also high in fiber

Recipe Source: Adapted from Foxnews.com