



March Madness

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According to the National Peanut Board, **64% of children surveyed, reported they will eat more fruits and vegetables**



when their favorite peanut butter dip is available. As long as your child does not have a peanut allergy, peanut butter is a great way to help your child try different foods.



Peanut Butter Power Dip

Yield: 6 servings

Ingredients:

1/2 cup yogurt, non-fat plain

1/3 cup peanut butter

1/2 teaspoon vanilla

Sprinkles (optional)

Directions:

1. Wash hands with soap and water.
2. Combine yogurt, vanilla and peanut butter in a small bowl. Mix well.
3. Chill dip in refrigerator until ready to serve.
4. Serve with 1 cup assorted carrot and celery sticks, sliced

CELEBRATE SPRING!

10 Easy Ways to add Green to your Day!

- ◆ Wear green socks during a morning walk.
- ◆ Play catch with a green ball.
- ◆ Explore the outdoors.
- ◆ Look for newly sprouting flowers and tree buds.
- ◆ Draw a picture with green chalk.
- ◆ Play on a green piece of equipment at the park.
- ◆ Choose a new green fruit or vegetable at the grocery store for your family to try.
- ◆ Add peanut butter to celery sticks.
- ◆ Dip green apple slices in yogurt.
- ◆ Add zucchini to your oatmeal.
- ◆ Serve broccoli with cheese as a side dish.
- ◆ Add spinach to scrambled eggs.



National Peanut Board Peanut Butter Fun Facts:

- It takes about 540 peanuts to make a 12-ounce jar of peanut butter.
- There are enough peanuts in one acre to make 30,000 peanut butter sandwiches.
- Sixty percent of consumers prefer creamy peanut butter over crunchy.
- The average child will eat 1,500 peanut butter and jelly sandwiches before he/she graduates high school.

For more information,
www.LLM.unl.edu or
www.food.unl.edu

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