



SPORTS

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Is there anything peanut butter can't do? Some ways to prepare it



Peanut butter the ultimate sport food.

Peanut butter is often a staple in an athlete's diet. It is an ideal sport food because it tastes great, provides protein, and can be used to increase calories in your diet. Peanut butter provides eight grams of protein in two tablespoons. This makes it a great recovery snack when paired with carbohydrates (such as bread and jelly) to help build and repair muscle after activity. Another benefit is that protein rich peanut butter can help you feel fuller for longer so that you don't get hungry right away. Include peanut butter and carbohydrates in your pre-game meal to enjoy lasting energy throughout your event. Peanut butter also contains unsaturated fats which are healthy fats for your heart. Lastly, the convenience of peanut butter makes it a go to item for athletes to make quick meals and snacks. Here are 10 different ways to enjoy peanut butter any time of day!

1. Monkey tails: Spread peanut butter on a whole grain tortilla. Place a banana in the center of the tortilla and roll up for a great pre game meal on the go..
2. Peanut butter recovery smoothie: Add one cup of chocolate milk, one banana, two handfuls of ice and two tablespoons of peanut butter to blender and mix until smooth. Drink within 15 to 30 minutes after your activity.
3. Graham cracker peanut butter sandwich: This is a tasty alternative to a granola bar. Spread peanut butter in between two graham crackers. Enjoy with a glass of milk or juice after a game.
4. Apples and PB: Dip apples slices in peanut butter and enjoy this snack anytime. Pear slices with peanut butter also taste great!
5. Peanut butter fruit dip: Mix 2 tablespoons of peanut butter with half a cup of vanilla or plain yogurt. Eat with fresh cut up fruit such as banana slices, strawberries and cantaloupe. Make a larger batch to share with the rest of your team after competing.
6. Oats in a jar: In a rush at breakfast? Use up the last of the peanut butter in your jar by making instant oatmeal in the peanut butter container. Add oatmeal, hot water and stir for delicious peanut butter oatmeal with its own portable container.
7. PB and J pancakes: Replace the syrup and butter on your pancakes with protein rich peanut butter. Spread peanut butter on warm pancake and top with a spoonful of jam. This tastes great on waffles as well!
8. Peanut butter hot chocolate: Heat two cups of skim milk, 1 ? ounces of bittersweet chocolate, 1 ? ounces of milk chocolate and 3 tablespoons of peanut butter. Enjoy this sweet treat after you have been active out in the cold.

9. Ants on a log: Always a childhood favorite! Spread peanut butter on a stalk of celery, and add raisins.

10. By the spoonful: It may not be original but eating peanut butter by the spoon out of the jar is one of the tastiest ways to eat peanut butter.

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