



National
Peanut Board

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A Plate Full of Peanuts

FOR PARENTS & LITTLE PEANUTS

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Hi! I'm Alicia "Chacha" Miller, also known as The Cardamom—Registered Dietitian Nutritionist specializing in maternal and pediatric nutrition, wellness, and chronic disease prevention. Nutrition is my second career, driven by a deep passion for health equity and bridging gaps in care for BIPOC communities through accessible, culturally competent education.

I love helping families nourish their littles with confidence. As a busy parent myself, I get how important it is to have practical, sustainable routines. My goal is to equip you with research-backed tools and mindset shifts to raise adventurous eaters who feel good in their bodies—because broccoli and pizza both have a place at the table.

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Peanut Butter & Jelly Parfait

Perfect for breakfast or a snack, this parfait is a hit for little kids and big kids alike!

Ingredients

- 1 cup full-fat preferred yogurt
- 1 Tbsp peanut butter
- 1 Tbsp chia seeds
- 1 cup frozen strawberries, chopped
- ¼ tsp cinnamon
- Optional: 2 tsp maple syrup or honey
- Optional topping: Crushed peanuts
- Optional topping: Fresh strawberries

Instructions

1. Heat chopped frozen strawberries until they're soft, then mash with a fork
2. Stir in chia seeds + 1 tsp maple syrup or honey, then chill in the fridge for 10-15 minutes
3. In a separate bowl mix yogurt, peanut butter, 1 tsp maple syrup or honey, and cinnamon until smooth and well-combined
4. Layer yogurt, peanut butter, and jam in an 8oz mason jar or bowl; top with crushed peanuts + strawberries. Enjoy!



PREP TIME
10 MIN



SERVINGS
1



TOTAL TIME
25-30 MIN



PREP TIME
5-10 MIN



TOTAL TIME
~4 HR, 10 MIN



SERVINGS
1

Ingredients

- ½ cup old-fashioned oats
- ½ cup milk
- 1 tsp honey (*Omit honey for children under 1*)
- 1 tsp ground flaxseed
- 1 tsp cinnamon
- ¼ tsp nutmeg
- ¼ tsp cardamom
- 1 Tbsp peanut butter
- 2 Tbsp canned pears, chopped

Optional Toppings

- Chopped nuts
- Additional seeds
- Shredded coconut
- Chocolate chips
- Coconut whipped cream
- Extra canned pears



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Spiced Pear Overnight Oats

A cozy, kid-friendly twist on overnight oats with warm spices and sweet pears—easy to prep, packed with nutrition, and perfect for busy mornings.

Instructions

1. Chop the canned pears into bite-sized pieces.
2. Sprinkle the pears with cinnamon and mix to coat evenly.
3. Add all ingredients to a small, single-serve mason jar or container.
4. Mix well, making sure everything is thoroughly combined.
5. Cover with a lid and refrigerate overnight (or for at least 4 hours).
6. When ready to serve, top with your favorite toppings and enjoy!





Holiday Grinch Smoothie



Ingredients

- 1 handful spinach
- 1 banana
- 1 tbsp hemp seeds
- 2 pitted dates
- ½ cup frozen avocado (can also use ½ fresh avocado instead)
- 1 Tbsp peanut butter
- 1 cup milk of your choice

For the Garnish

- Strawberries
- White chocolate chips or mini marshmallows
- Candy canes
- Coconut whip

Instructions

1. Blend until combined.
2. Top with garnish if desired.



PREP TIME
5 MIN



SERVINGS
1



PREP TIME
5-7 MIN



TOTAL TIME
8-12 MIN



SERVINGS
1-2



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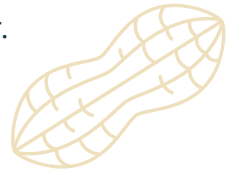
Nut Butter & Peach Waffle Sandwich Bites

Ingredients

- Whole grain sandwich bread
- Peanut butter
- Ground flaxseed
- Canned peaches
- Quick cook oats
- Optional: Honey or maple syrup
- Optional: Cinnamon

Instructions

1. Spread the peanut butter onto the bread and sprinkle with ground flaxseed.
2. Drain the canned fruit and pat it dry.
3. Sprinkle quick cook oats on the bread, then layer the peaches on top.
4. Drizzle with honey or maple syrup and add a dash of cinnamon if desired.
5. Press the sandwich in a waffle maker.
6. Cut into pieces, serve, and enjoy!





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Ingredients

- 1 sheet puff pastry
- 2 bananas, sliced
- ¼ cup peanut butter
- 1 Tbsp ground flaxseed
- Cinnamon, for sprinkling
- 1 egg (for egg wash) or cooking spray



Peanut Butter & Banana Turnover

Instructions

1. Cut the puff pastry sheet into smaller squares.
2. Place a few banana slices in the center of each square and top with a spoonful of peanut butter.
3. Sprinkle with ground flaxseed.
4. Fold the puff pastry over so the corners touch, forming a triangle.
5. Use a fork to seal the edges.
6. Brush with an egg wash for a glossy finish or lightly spray with cooking oil.
7. Sprinkle cinnamon on top.
8. Air fry at 375°F for 6-8 minutes, or until the pastry is golden brown and puffed.
9. Let cool slightly before serving. Enjoy!

Notes

These turnovers make a delicious and versatile option for breakfast, lunch, or a snack. They can be easily customized to match your child's preferences and are a fun way to add variety to a classic PB&J.

For easier packing in lunchboxes, try cutting the pastry into smaller triangles.



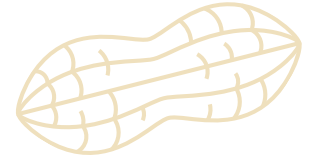
PREP TIME
10-12 MIN



SERVINGS
4-6



TOTAL TIME
16-20 MIN





Peanut Butter & Hazelnut Swirl Sammy



Ingredients

- 2 sheets puff pastry
- ½ cup hazelnut spread
- ¼ cup peanut butter
- ¼ cup confectioner's sugar
- Optional: 2 Tbsp hemp hearts, ground flaxseed or chia seeds
- Optional: 1 egg, non-dairy milk, or oil

Instructions

1. Mix the hazelnut spread and peanut butter until combined.
2. Roll out one sheet of puff pastry and spread the mixture evenly on top.
3. If desired, sprinkle with hemp hearts or alternative option.
4. Layer the second sheet of puff pastry on top.
5. Use a cookie cutter to cut out fun shapes.
6. Brush with egg wash, a spray of oil or non-dairy milk for a crisp, golden finish.
7. Bake at 350°F for 10-15 minutes, or until golden.
8. Dust with confectioner's sugar before serving. Enjoy!



PREP TIME
10-12 MIN



SERVINGS
6-8



COOK TIME
10-15 MIN



PREP TIME
5-10 MIN



SERVINGS
4-6



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Peanut Butter & Chickpea “Cookie Dough”

Ingredients

- 1 can chickpeas, drained and rinsed
- 1/8 tsp baking soda
- 1 Tbsp vanilla extract
- 1 1/4 cup unsweetened peanut butter
- 1/3 cup raisins
- 2 Tbsp almond flour
- 1 Tbsp milk or milk alternative
- Optional: 1/8 tsp salt

Instructions

1. Add all ingredients (including the water from the dates) to a food processor or high powered blender, except for the raisins.
2. Blend until mixed thoroughly.
3. Scoop the mixture into a bowl and gently fold the raisins in, making sure they are mixed throughout.
4. Serve with apples, carrots, crackers or just eat it with a spoon and enjoy!

Note

- This recipe is generally suitable for ages 12 months and up. For younger babes, make sure the consistency is spread thin when serving.





PREP TIME
10 MINUTES



TOTAL TIME
1-2 HOURS



SERVINGS
9-12

Ingredients

- $\frac{3}{4}$ cup peanut butter (creamy works best)
- $\frac{1}{3}$ cup honey (or maple syrup)
- $3\frac{1}{2}$ cups of your favorite O's cereal
- $\frac{1}{2}$ cup unsalted sunflower seeds
- Optional: $\frac{1}{4}$ cup sprinkles

Storage

- Store in the fridge for up to 5 days or freeze up to 3 months.



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No Bake Nutty Butter Cereal Bars

Perfect for lunchboxes, quick breakfasts, or anytime snacks!

Base Instructions

1. In a large bowl, mix peanut butter and honey until smooth.
2. Stir in cereal, sunflower seeds, and sprinkles.
3. Press mixture into a parchment-lined square baking pan.
4. Chill in the fridge for 1–2 hours. Slice into squares. Serve cold & enjoy!



Make Them Your Own

Customize your mix-ins and make these cereal bars your own by adding raisins, chocolate chips, dried cranberries, shredded coconut, or chopped nuts —or try the variations below!



Strawberries 'n Cream

A fruity twist with a creamy yogurt topping!

Add to Base (Step 2):

- 1 cup freeze-dried strawberries

For Topping:

- ¼ cup unsweetened vanilla almond milk (or other milk)
- ½ cup powdered sugar
- ½ cup unsweetened yogurt

Additional Instructions:

1. After pressing the bar mixture into pan, mix yogurt, milk, and powdered sugar in a bowl.
2. Spread topping onto the cereal bars.
3. Freeze 1–2 hours until set. Slice & enjoy chilled.

Seasonal Spirits

Switch up the mix-ins to match the season - sunny, spooky or jolly!

Add to Base (Step 2):

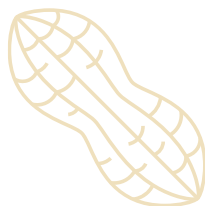
- Halloween Sprinkles

For Topping:

- ⅓ cup melted chocolate
- Spooky candy eyes

Additional Instructions:

1. After pressing the bar mixture into a pan, drizzle with melted chocolate and add candy eyes.
2. Freeze for 1–2 hours. Slice & serve chilled.





Ingredients

- 1 cup peanut butter
- ½ cup pumpkin purée
- 1 tsp vanilla extract
- ½ cup maple syrup
- 1 ½ cups rolled oats
- ¼ cup chia seeds
- 1 Tbsp pumpkin spice
- ½ cup chocolate chips

Storage

- Store in an airtight container in the refrigerator for up to 5 days, or freeze for up to 3 months.



No Bake Peanut Butter & Pumpkin Energy Balls

Hosting a Halloween haunt? Add these no-bake pumpkin spice energy bites to your grazing board! They're a delicious, nourishing fall snack—easy to make, satisfying, and great for fueling all your spooky festivities. Customize with your favorite add-ins or swap ingredients to suit your taste!

Instructions

1. In a bowl, combine the oats, chia seeds, chocolate chips, and pumpkin spice.
2. Add the peanut butter, pumpkin purée, maple syrup, and vanilla extract.
3. Stir until a dough forms.
4. Chill the mixture in the fridge or freezer for 15–20 minutes.
5. Once chilled, roll the dough into bite-sized balls using your hands. Then enjoy!

Notes

- Making these for younger eaters? Skip the chocolate chips and sweeten naturally with $\frac{1}{2}$ cup mashed banana or $\frac{1}{4}$ cup date paste. If the dough feels too sticky, just add more oats.
- Want to make them spooky? Turn your energy bites into spider treats by adding pretzel sticks for legs and mini chocolate chips for eyes.



PREP TIME
10-15 MIN



SERVINGS
20-24



TOTAL TIME
25-30 MIN





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Ingredients

- 1 whole grain tortilla
- Peanut butter
- Chia seeds
- Bananas, sliced
- Strawberries, sliced



PREP TIME
5-7 MIN



SERVINGS
1-2

Peanut Butter, Banana & Strawberry Sushi Roll

Instructions

1. Spread the peanut butter thinly across the entire tortilla
2. Sprinkle chia seeds over your peanut butter spread
3. Place the whole banana at one end of the tortilla
4. Place sliced strawberries in a row next to the banana
5. Roll, slice into age appropriate pieces, serve, and enjoy!



Notes

- Recipe is generally suitable for ages 18 months & up.
- Try a fun "quesadilla" twist on this by placing strawberry and banana slices on one half of the tortilla, gently mashing them with a fork, then folding the tortilla over to form a half-moon shape.



PREP TIME
15 MIN



COOK TIME
15 MIN



SERVINGS
~4



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Peanut Butter Noodles



Ingredients

- 8 oz noodles (spaghetti, rice noodles, or soba)
- 1 Tbsp sesame oil
- ½ cup broccoli florets (or other vegetables)
- ½ cup shredded carrots
- ½ cup chopped red bell pepper
- ½ cup chopped yellow bell pepper
- Salt and pepper, to taste

For the Peanut Sauce

- ½ cup creamy peanut butter
- 2 Tbsp low-sodium soy sauce
- 1 Tbsp sesame oil
- 1 Tbsp rice vinegar
- 2 tsp minced garlic
- Juice of 1 lime
- ¼ cup warm water (*plus more to thin the sauce if needed*)
- 1 Tbsp honey* or maple syrup
- Salt and pepper, to taste

*Omit honey for children under 1

Optional Toppings

- Sesame seeds
- Chopped peanuts
- Sliced green onions

Instructions

1. Whisk together peanut butter, soy sauce, sesame oil, vinegar, honey, garlic, lime juice, and water until smooth. Add more water, 1 teaspoon at a time, to reach desired consistency. Microwave peanut butter briefly if needed to soften.
2. In a large pan, heat sesame oil over medium heat. Add broccoli, carrots, and bell peppers. Season with salt and pepper and cook until tender.
3. Bring a medium pot of water to a boil. Cook noodles according to package instructions. Drain and rinse if directed.
4. Add cooked noodles to the pan with veggies. Pour the sauce over and toss to coat evenly.
5. Top with sesame seeds, peanuts, or green onions. Serve warm and enjoy!





PREP TIME
15 MIN



COOK TIME
15 MIN



SERVINGS
~4



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Thai Inspired Peanut Pizza

Ingredients

- 1 store-bought or homemade pizza crust
- 1 cup shredded mozzarella or dairy-free cheese
- ½ cup carrots, shredded
- ½ cup red bell pepper, chopped
- ½ cup yellow bell pepper, chopped
- Optional: ½ cup cooked chicken or tofu

For the Peanut Sauce

- ½ cup creamy peanut butter
- 2 Tbsp low-sodium soy sauce
- 1 Tbsp sesame oil
- 1 Tbsp rice vinegar
- 1 Tbsp honey or maple syrup*
- 2 tsp minced garlic
- Juice of 1 lime
- ¼ cup warm water (*plus more to thin sauce if needed*)
- Salt and pepper, to taste

*Omit honey for children under 1

Optional Toppings

- Chopped cilantro
- Chopped peanuts
- Sliced green onions

Instructions

1. Preheat to 425°F or follow the instructions for your pizza crust.
2. Whisk together peanut butter, soy sauce, sesame oil, vinegar, honey, garlic, lime juice, and water until smooth. Add more water, 1 teaspoon at a time, to reach desired consistency. Microwave peanut butter briefly if needed to soften.
3. Roll out dough and transfer to a baking sheet. Spread a layer of peanut sauce, followed by cheese, veggies, and optional protein. Drizzle with a little extra sauce if desired.
4. Bake for 12 - 15 minutes or until the crust is golden and the cheese is bubbly.
5. Top with cilantro, peanuts, or green onions. Slice and serve warm!



Medical Disclaimer

The information in this guide is for informational purposes only and should not be considered medical advice, diagnosis, or treatment and should not be used as such. Always consult your physician or a qualified health care provider with any questions or concerns before starting a new nutritional regimen. If you or your child have food allergies or specific dietary needs, please seek professional advice before making changes to your diet.



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