



“Old Fashioned” Peanut Butter



Purpose: Students will learn the process to make peanut butter.

Background: From ancient beginnings, peanuts have come a long way; they're now considered the 12th most valuable cash crop in the United States. It's clear that peanuts have a rich history, and today they remain a popular snack throughout the world. In North and Central Florida, you can plant peanuts from March through May.

Some people consider peanut butter to have properties of both liquids and solids, sometimes considered a colloid.

Peanut Facts:

- In Florida, there is an annual production value of roughly \$145 million for peanuts.
- Most peanuts grown in Florida come from the Suwannee Valley and the Panhandle.
- It takes about 540 peanuts to make a 12 oz jar of peanut butter.
- It takes fewer than 5 gallons of water to produce one ounce of peanuts.
- Women and children often prefer creamy peanut butter while men usually prefer chunky peanut butter.
- The most common by-products of peanuts are peanut butter, candies, desserts, and snack nuts.

Materials for ½ Cup of Smooth Peanut Butter: blender or food processor, 1 cup roasted, skinless peanuts, Option 1: have students take the shells off the peanuts to use. Note: Add ¼ cup extra for chunky peanut butter, 1 ½ tsp of peanut or vegetable oil, pinch of salt, Option 2: 1 Tbsp of honey, Option 3: snacks to spread the peanut butter on: crackers, apples, bread, etc.

Activity:

1. Place all ingredients in the blender or food processor. Option 2: Add honey.
2. Blend until mixture becomes paste-like or spreadable, about 3-4 minutes. If necessary, stop the machine and use a spatula to scrape the side of the container to the center.
3. Continue blending until desired consistency is reached.
4. Option 3: Spread on your favorite food and enjoy.

Note: For chunky style peanut butter, stir in ¼ cup additional chopped roasted peanuts after the blending is complete. It will make ¾ cup of chunky peanut butter.

Resources:

- 26 Fun Facts about Peanuts & Peanut Butter | National Peanut Board
 - <https://www.nationalpeanutboard.org/news/fun-facts.htm>
- Peanuts - Gardening Solutions - University of Florida, Institute of Food and Agricultural Sciences
 - <https://gardeningsolutions.ifas.ufl.edu/plants/edibles/vegetables/peanuts.html>