

Discovery Homemade Peanut Butter

To be used with GEORGE WASHINGTON CARVER
by Jo S.Kittinger

George Washington Carver created over 300 things to make with peanuts. Although others had crushed peanuts before he did, he is still often given credit for creating peanut butter. You can make your own peanut butter and experiment with adding flavors with this recipe. Can you think of other things to make with peanuts?

Ingredients:

2 cups roasted, unsalted shelled peanuts, without red skins
1 tablespoon peanut oil or other vegetable oil

Directions:

Place ingredients in a food processor. Blend continuously for 2 or 3 minutes. The ground peanuts will form a ball at first, but it will slowly disappear. Stop machine and scrape sides of container with a rubber spatula as needed. Continue to process until mixture becomes spreadable.

You have created peanut butter in its plainest form. Let everyone taste small bites of plain peanut butter.

Now the discovery process gets more interesting!

- Add 1/3 - 1/2 teaspoon salt (depending on how much of the original batch was eaten.) Let everyone taste again.
- Stir in 1/2 cup chopped roasted peanuts for crunchy style peanut butter. Taste time!
- Add a small amount of honey and taste again.
- Finally, add a dash of cinnamon and taste one last time.

Children can discuss and vote on which style they like best.

Place remaining mixture in a tightly closed container and store in the refrigerator. During storage, oil may rise to the top; if this occurs, stir before using.