

## **Peanut Dosing Alternatives**

### **Peanut flour:**

Mix peanut flour in a shake with either yogurt or ice cream. Try banana or chocolate flavor.

28% fat light peanut flour may be purchased at Byrd Mill. [www.byrdmill.com](http://www.byrdmill.com)

½ tsp of unpacked peanut flour = 1 peanut

(Patients may dose with measured peanut flour when the 4-peanut equivalent dose is reached)

### **Peanut Butter:**

Jif, Santa Cruz Organic, and Peanut Butter & Co peanut butters are safe for tree nut allergic patients.

1 tsp of peanut butter = 5 peanuts

Peanut Butter & Co makes flavored peanut butters. They may be purchased at Kroger, Super Target, or online at [www.ilovepeanutbutter.com](http://www.ilovepeanutbutter.com) for \$5-6. For the following flavored peanut butters: 1 tsp of peanut butter = 4 peanuts.

Cinnamon Raisin Swirl (peanut butter with cinnamon and raisins)

White Chocolate Wonderful (peanut butter with white chocolate)

Dark Chocolate Dream (peanut butter with dark chocolate)

The Bee's Knees (peanut butter with honey)

Might Maple (peanut butter with maple syrup)

(Note that Peanut Butter & Co unflavored peanut butters are dosed 1 tsp of peanut butter = 5 peanuts). There is no tree nut cross contamination with these products.

### **Recipes for peanut-dosing variety:**

1. Peanut butter (may mix with powdered sugar) or peanuts folded into melted semisweet chocolate then transferred to cupcake liners in a muffin pan and kept in the fridge provides delicious home made peanut butter cups with the correct dose that are always ready to be eaten.

2. Ground peanuts or peanut butter in a chocolate milk shake, pudding, or cake icing.

3. Peanut Brittle:

Caramelize sugar (use enough sugar to cover the bottom of the pan and cook over very low heat, stirring frequently until sugar has turned a light brown, then pour over peanuts before it has time to harden) and pour over number of peanuts needed for dosing, let harden and remove from wax paper, muffin tin or ramekin. May add chocolate or carob chips, coconut, etc. to peanuts before adding caramelized sugar for a different flavor.

Alternative:

Brush inside of pan with vegetable oil. put in 3 cups sugar and 1 1/2 cups water. Cook over high heat stirring occasionally with wooden spoon until mixture boils. Stop stirring, cover and cook for 3 minutes. Uncover, reduce heat to medium, and cook until sugar is

light amber color. Pour over peanuts in individual muffin cups or ramekins. Recipe offers alternatives: butter muffin tin, ramekins, or use silicone baking mat to keep cooked sugar from sticking.