

Peanuts & Celiac

8 peanut-powered & gluten-free recipes



PEANUTS ARE THE PERFECT FIT IN A CELIAC DIET

What does a person with celiac disease need to avoid?

- Gluten*, which is a protein found in:
- Wheat, rye and barley, and is in most breads, pastas, baked goods, cereals, crackers, sauces and gravies, other grains and processed foods, and some additives and seasonings;
 - Wheat derivatives, which include (but are not limited to) wheat berries, durum, emmer, semolina, spelt, farina, farro and graham; and
 - Malt, found in foods like malt vinegar and malted milkshakes, and brewer’s yeast, found in bread and beer.

What can a person with celiac disease eat?

- Naturally gluten-free foods, including (but not limited to) peanuts, other legumes, meat, fish, vegetables, rice, potatoes, fruit, soy and other grains like quinoa and amaranth.
- Gluten-free versions of other foods, like pasta, baked goods, crackers and bread.

How do peanuts fit into a celiac diet?

Peanuts, peanut butter and peanut flour are all naturally gluten-free foods, which means they are safe to eat for someone with celiac disease.

Why are peanuts healthy?

- Peanuts are rich in good, unsaturated fats, which are key to maintaining optimal health.
- Peanuts pack 7 grams of plant-based protein per ounce, and peanut butter has 8 grams per ounce (2 Tbsp)—that’s more than any other nut!
- Peanuts are a good source of fiber with 2.4 grams per ounce.
- Peanuts are rich in essential nutrients, including vitamin E and several B vitamins.

From breakfast to snack time to dinner, this cookbook is designed to give you simple and delicious recipes to safely support your gluten-free diet.

PB&J OVERNIGHT OATS



Recipe by Caroline L. Young, MS, RD, LD, RYT

Ingredients

- ½ cup peanut milk (or other milk)
- ½ cup plain Greek yogurt
- ½ cup gluten-free oats
- ½ tsp cinnamon
- ½ cup frozen berries
- ¼ tsp vanilla
- ½ tsp honey
- (Or substitute 1-2 Tbsp strawberry jelly for berries, vanilla and honey)

- Optional Toppings:**
- 2 Tbsp peanuts, chopped
 - 1 Tbsp creamy peanut butter
 - Sprinkle of cinnamon
 - Dark chocolate chips

Preparation

1. In a Mason jar or Tupperware container, mix all ingredients together and store in refrigerator overnight (or for 4-6 hours).
2. Remove from refrigerator and add toppings.

Nutrition Facts

per 1 serving

430 calories, 17 g total fat, 0 g trans fat, 24 g protein, 10 mg cholesterol, 48 g carbohydrate, 170 mg sodium

SERVINGS: 1 JAR
TOTAL TIME: 10 MIN



PEANUT BUTTER BANANA CHIA OAT BARS

Recipe from National Peanut Board

Ingredients

- 1 cup gluten-free oats
- ½ cup ground flaxmeal
- ¼ cup chia seeds
- ¼ cup brown sugar, packed
- ¾ tsp baking powder (gluten-free)
- ½ tsp salt
- 1 tsp cinnamon
- 1 tsp vanilla
- 2 Tbsp oil
- ½ cup applesauce
- 1 egg, beaten
- 1 medium banana, mashed
- ½ cup dried cranberries or other dried fruit
- ½ cup peanut butter

Preparation

1. Preheat oven to 350 degrees.
2. Mix dry ingredients (oats through cinnamon) together. In a separate bowl, mix vanilla through banana together.
3. Heat peanut butter for 30 seconds in microwave, until pourable.
4. Mix all ingredients together.
5. Bake in a 9”x9” pan for 20 minutes.

Nutrition Facts

per 1 bar

150 calories, 9 g total fat, 1.5 g trans fat, 5 g protein, 0 mg cholesterol, 15 g carbohydrates, 5 g fiber, 135 mg sodium

SERVINGS: 16 BARS

TOTAL TIME: 40 MIN



ULTRA PEANUT BUTTER COOKIES

Recipe by Chef Zoë François

Ingredients

- 12 Tbsp (1.5 sticks) unsalted butter at room temperature
- 1 cup brown sugar, well packed
- ¾ cup crunchy peanut butter
- 2 large eggs
- 1 tsp vanilla extract
- 1 cup peanut flour
- 1 tsp baking soda
- 1 tsp kosher salt
- 4 oz gluten-free semi-sweet or bittersweet chocolate, finely chopped (optional)

Preparation

1. Preheat oven to 375 degrees with rack in the center of the oven.
2. Cream together the butter and brown sugar in a mixing bowl with the paddle attachment for about two minutes on medium speed. Scrape the sides of the bowl often.
3. Add peanut butter and mix well.
4. Add eggs one at a time, mixing until well incorporated.
5. Add vanilla.
6. In a bowl, whisk together peanut flour, which may be lumpy, baking soda and salt. Add to the peanut butter mixture and mix until it is a smooth dough. Add the chocolate here, if using.
7. Use a two or three Tbsp scoop to form 24 balls of dough, or use a spoon and then roll them into balls.
8. Use a fork to flatten them and create a crosshatch pattern.
9. Sprinkle with sugar and bake for 8-10 minutes.

Nutrition Facts

per 1 cookie

130 calories, 8 g total fat, 0 g trans fat, 25 mg cholesterol, 4 g protein, 180 mg sodium

SERVINGS: 24 COOKIES

TOTAL TIME: 45 MIN



CHOCOLATE-PEANUT BUTTER-BANANA STUFFED FRENCH TOAST

Recipe by Sherry Coleman Collins, MS, RD, LD

Ingredients

- 6 Tbsp peanut butter
- 1 medium ripe banana
- 8 slices gluten-free bread
- 1 cup chocolate peanut milk, or other chocolate milk
- 6 large eggs
- ¼ tsp cinnamon
- 1 tsp butter

Preparation

1. Mash banana and mix with peanut butter.
2. Spread mixture evenly on 4 slices of bread and top with the other 4 slices to make 4 sandwiches.
3. In a shallow, wide bowl (or pie plate) mix together chocolate milk with eggs and cinnamon.
4. Dip each sandwich into chocolate peanut milk egg mixture allowing each side to soak up mixture.
5. Add ¼ tsp of butter to nonstick pan and heat pan over medium heat and fry on each side. Repeat with each sandwich.

Nutrition Facts

per 1 serving

480 calories, 24 g total fat, 280 mg cholesterol,
42 g carbohydrate, 24 g protein, 510 mg sodium

SERVINGS: 1 SANDWICH

TOTAL TIME: 15 MIN

CHILI PEANUT- CRUSTED SCALLOPS



Recipe from National Peanut Board

Ingredients

- ½ cup peanut flour
- 1 tsp Chili de árbol, finely ground
- 1 tsp kosher salt
- ¼ tsp cumin, ground
- 3 Tbsp peanuts, toasted and ground, for garnish
- 12 scallops (fresh scallops, foot removed)
- 3 Tbsp extra virgin olive oil
- 4 6-inch skewers
- Vegetable oil

Preparation

1. In a small bowl, combine peanut flour, Chili de árbol powder, salt and cumin together.
2. In a small sauté pan, toast the mixture over medium-low heat until it just starts to color and the aroma of the peanuts begins to fill the room; set aside to cool.
3. Rinse the scallops, pat dry, and coat with olive oil.
4. Rub with the chili peanut mixture.
5. Thread three scallops on each of the four 6-inch skewers.
6. Preheat grill to medium-high heat and oil the grill rack with vegetable oil.
7. Grill the scallops until cooked through, about 4 minutes per side.
8. Carefully remove the scallops from the skewers.

Nutrition Facts

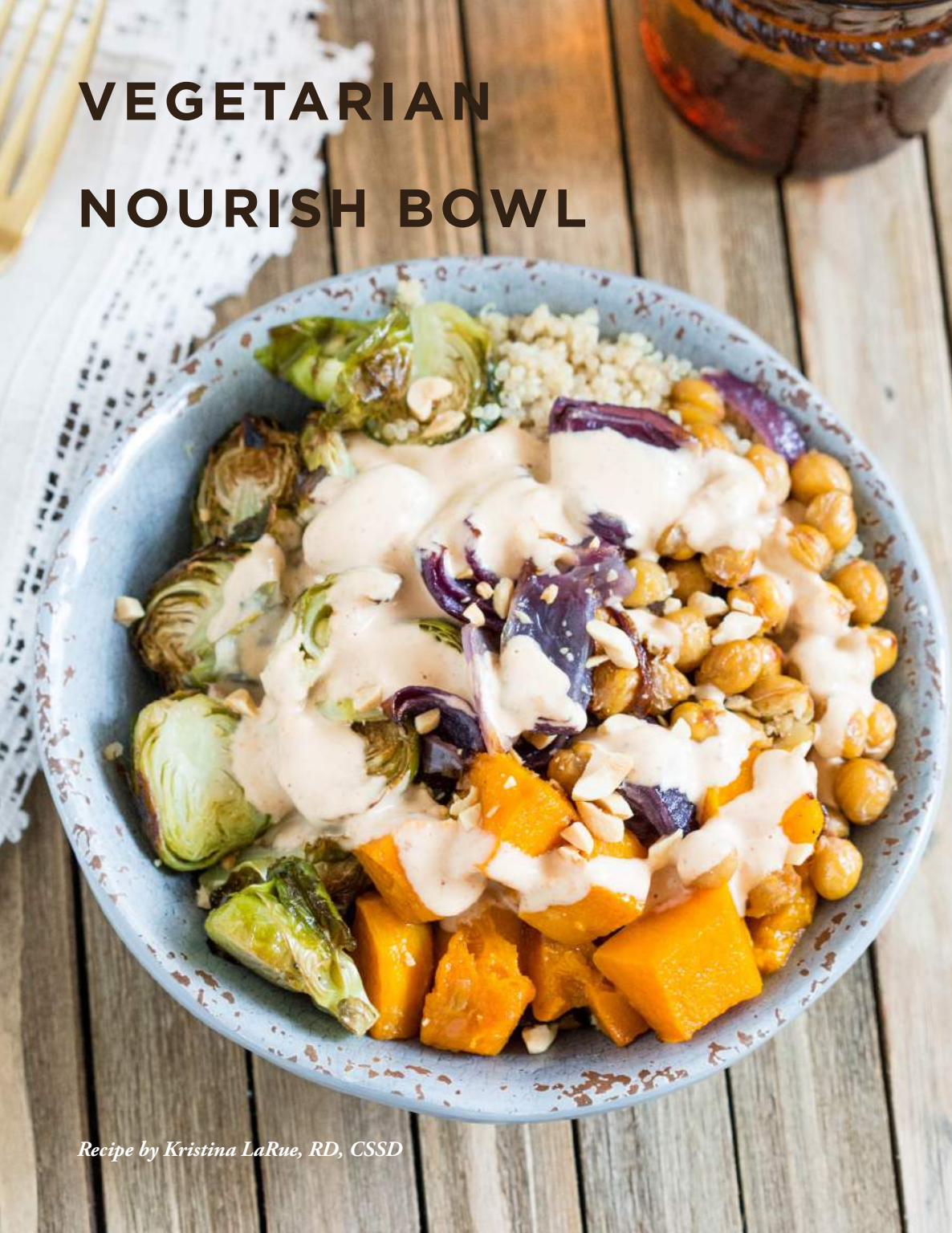
per 4 oz serving

222 calories, 15 g total fat, 0 g trans fat, 16 g protein
20 mg cholesterol, 8 g carbohydrate, 966 mg sodium

SERVINGS: 4

TOTAL TIME: 20 MIN

VEGETARIAN NOURISH BOWL



Recipe by Kristina LaRue, RD, CSSD

Ingredients

- 1 cup large diced butternut squash
- 16 oz Brussels sprouts, halved
- 1 medium red onion, diced large
- ½ can (or 8 oz) reduced sodium garbanzo beans, rinsed and drained
- 1 head garlic (about 10 cloves), peeled
- 1 Tbsp olive oil
- Freshly ground pepper, to taste
- 1 lemon, juiced
- 2 Tbsp water
- 1 tsp Sriracha hot sauce
- ¼ cup peanut butter
- 1 cup cooked quinoa
- 1 Tbsp finely chopped peanuts

Preparation

1. Preheat oven to 400 degrees and line rimmed baking sheet with parchment paper.
2. On baking sheet, arrange ingredients from Brussels to garlic, drizzle on olive oil and season with pepper.
3. Roast vegetables for 30-40 minutes until slightly golden in color. Halfway through baking, turn vegetables to ensure even browning.
4. Prepare dressing by mixing together lemon juice, water, Sriracha and peanut butter.
5. To serve, top quinoa with roasted vegetables, crushed peanuts and a drizzle of lemon-peanut butter sauce.

Nutrition Facts

per ¼ of recipe

323 calories, 14 g fat, 2 g saturated fat, 13 g protein, 11 g fiber, 42 g carbohydrate, 308 mg sodium, 5 g sugar

SERVINGS: 4

TOTAL TIME: 40 MIN

MINI CHICKEN & PEANUT KEBABS



Recipe from National Peanut Board

Ingredients

- 1 package of ground chicken
- 2 cloves garlic crushed
- 1 tsp ginger crushed
- ¼ tsp salt
- 2 tsp paprika
- 1 tsp cumin seeds
- 2 Tbsp chopped fresh mint
- 2 Tbsp chopped fresh parsley
- ½ tsp coriander seeds
- 2 heaping Tbsp low-fat plain yogurt
- ¾ cup salted peanuts
- Mixed greens
- Gluten-free pita bread

Preparation

1. Preheat the grill to medium heat.
2. Mix all the ingredients together. Form into 15 balls shapes, using a golf ball-sized amount of the mixture for each.
3. Grill the kebabs until well browned, turning often for 10-15 minutes (grill with or without skewers).
4. Stuff the salads into the pita breads and then add the kebabs.

Note: the mixture can be prepared a day ahead and stored uncooked and covered in the fridge. When chilled, the kebabs are more solid and you can pierce skewers onto them before cooking if you prefer. Recipe works well with any meat.

Nutrition Facts

per 2 kebabs

222 calories, 7 g total fat, 0 g trans fat, 26 mg cholesterol, 29 g carbohydrate, 11 g protein, 342 mg sodium

SERVINGS: 15 PIECES

TOTAL TIME: 20 MIN



SAUTÉED PEARS
WITH VANILLA
YOGURT &
HONEY-ROASTED
PEANUTS

Recipe from Pear Bureau Northwest (www.usapears.org)

Ingredients

- 1 Tbsp unsalted butter
- 4 large pears, such as Bosc or Anjou, peeled, cored, and sliced
- 1 Tbsp sugar
- ¼ tsp ground cinnamon
- ¼ tsp ground ginger
- 1 Tbsp fresh lemon juice
- Pinch of fine salt
- ¼ cup smooth peanut butter
- 1 Tbsp honey
- 1 cup low-fat vanilla or plain yogurt
- ¼ cup honey-roasted peanuts, coarsely chopped

Preparation

1. Melt butter in a large heavy-bottomed sauté pan over medium-high heat.
2. Add pears and cook, stirring occasionally, for 5 minutes or until softened.
3. Sprinkle with sugar, cinnamon, ginger and lemon juice. Season with a pinch of fine salt.
4. Cook over medium heat, stirring occasionally until tender, about 5-7 minutes. Keep warm.
5. In a small bowl, combine the peanut butter, honey, and yogurt; stir until smooth. Set aside.
6. To serve, place the pears in a shallow bowl. Top with yogurt mixture. Sprinkle with peanuts. Serve immediately.

Nutrition Facts

per 1 cup serving

396 calories, 16 g total fat, 11 mg cholesterol,
61 g carbohydrates, 8 g protein

SERVINGS: 4

TOTAL TIME: 30 MIN

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<https://www.niddk.nih.gov/health-information/digestive-diseases/celiac-disease/eating-diet-nutrition>



