

# Peanuts & Diabetes

8 peanut-powered recipes for diabetes prevention and management



# POWERFUL PEANUTS FIT PERFECTLY INTO YOUR DIET FOR PREVENTING OR MANAGING DIABETES

## What are nutritional needs for someone with prediabetes or diabetes?

- The key factor in managing diabetes is keeping blood sugar (“glucose”) levels in a healthy range. With diabetes and prediabetes, the pancreas is not making or using insulin properly (or at all)—insulin controls blood sugar. What, how much and when you eat matters to prevent serious complications from having diabetes.
- Generally, people with diabetes need a variety of foods from all food groups.
- With diabetes and prediabetes, it’s critical to eat balanced meals and snacks (with carbs, fats and protein) consistently throughout the day.
- Individual carbohydrate and other nutritional needs should be assessed by a registered dietitian nutritionist (RDN) who specializes in diabetes management.

## Why are peanuts and peanut butter ideal foods for someone with prediabetes or diabetes?

- Peanuts are a low-glycemic food, which means they do not have a significant effect on blood sugar levels after consumption.
- They add protein, good fats and fiber to carbohydrate-rich foods, like bread, crackers and fruit. These all help slow blood sugar increase in the bloodstream. Instead of a “spike,” you’ll get a slower, steadier release—ideal for prediabetes and diabetes management.

## Why are they healthy in general?

- Peanuts are rich in good, unsaturated fats, which are important in a balanced diet.
- 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 diabetes prevention or management.

# MORNING GLORY BOWL WITH COCONUT PEANUT BUTTER HONEY SAUCE



Recipe by Caroline L Young, MS, RD, LD, RYT  
(View recipe video online at [nationalpeanutboard.org](http://nationalpeanutboard.org))

## Ingredients

- 2 Tbsp creamy peanut butter
- 1 tsp honey
- ½ cup farro cooked in coconut milk (or other grains such as quinoa or brown rice)
- 1 banana, sliced
- ¼ cup blueberries
- 1 Tbsp shredded, unsweetened coconut
- Sprinkle of cinnamon

## Preparation

1. Place cooked farro in medium bowl, and add banana slices and blueberries.
2. To make sauce, whisk together peanut butter and honey in a small bowl, and heat in microwave for 15 seconds.
3. Sprinkle coconut and pour sauce on top.
4. Sprinkle cinnamon on top.

## Nutrition Facts

per 1 bowl

550 calories, 26 g total fat, 0 g trans fat, 0 mg cholesterol, 75 g carbohydrate, 14 g protein, 210 mg sodium

SERVINGS: 1  
TOTAL TIME: 5 MIN



# PEANUT BERRY WAFFLES



Recipe by Chef Jennifer Iserloh

SERVINGS: 4  
TOTAL TIME: 40 MIN

## Ingredients

- 1 cup whole wheat pastry flour
- 1 cup peanut flour or peanut powder
- 3 Tbsp granulated sugar
- 1 Tbsp baking powder
- 4 egg whites
- ¼ tsp salt
- 2 cups skim milk
- ½ cup unsalted, dry-roasted peanuts, finely chopped
- Cooking spray
- 1 cup fresh or frozen blueberries

## Preparation

1. Preheat a waffle iron according to the manufacturer’s instructions.
2. Mix flours, sugar and baking powder in a large bowl and set aside.
3. Place the egg whites in a large bowl, and add salt. Using a mixer, beat the egg whites on high until the eggs are fluffy and cling to the bowl.
4. Add milk and peanuts to the bowl with the flour mixture. Using a wire whisk, whisk the flour mixture into the milk until combined, there will be small lumps.
5. Fold in ½ cup of the egg whites, using a rubber spatula, until well combined.
6. Gently fold in the remaining egg white until combined, the batter should be light and fluffy.
7. Coat the inside of the waffle iron with cooking spray, and place a heaping ½ cup of the mixture onto the waffle iron, spreading it out slightly with a rubber spatula.
8. Top with 2 Tbsp of the blackberries and close the lid. Cook for 3-4 minutes, until the waffle is cooked through but still soft to the touch. Transfer to a plate. Repeat with remaining batter.
9. Cool waffles completely. Store in an air-tight container for up to three days. To freeze, transfer cool waffles to a large zipper lock bag and freeze for up to three months.

## Nutrition Facts

per 1 waffle

348 calories, 9 g total fat, 0 g trans fat, 22 g protein, 1 mg cholesterol, 47 g carbohydrate, 461 mg sodium

# PEANUT BUTTER CHOCOLATE CHILI COOKIES



Recipe by Rachel Hartley, MS, RD

SERVINGS: 18  
TOTAL TIME: 45 MIN

## Ingredients

- 2 large eggs
- 1 cup creamy peanut butter
- ½ cup + 2 Tbsp packed brown sugar
- ⅓ cup cocoa powder
- 1 ½ tsp cinnamon
- 1 tsp vanilla extract
- 1 tsp baking powder
- ¾ tsp chili powder
- ¼ tsp cayenne
- ½ cup dark chocolate chips
- 2 Tbsp peanuts, chopped, for garnish (optional)
- Flaky sea salt, for garnish (optional)

## Preparation

1. Preheat oven to 350 degrees. Spray a large baking sheet with nonstick spray or line with parchment paper.
2. In a large bowl, blend eggs with a handheld mixer until slightly frothy.
3. Add peanut butter, brown sugar, cocoa powder, cinnamon, vanilla, baking powder, chili powder and cayenne to the bowl with the beaten eggs. Blend with the handheld mixer on medium speed until combined, stopping once to scrape down sides. Stir in chocolate chips with a spoon.
4. Spoon 18 rounded tablespoons of cookie dough evenly on the prepared baking sheet.
5. Sprinkle chopped peanuts over the top, pressing in lightly to help adhere. Sprinkle with sea salt.
6. Bake 10-12 minutes until puffed, edges are set and tops are barely set. The cookies will firm up as they cool, so do not overcook.
7. Cool on the baking sheet 10 minutes before serving. Store in an airtight container at room temperature for up to one week.

## Nutrition Facts

per 1 cookie

190 calories, 10 g total fat, 0 g trans fat, 25 mg cholesterol, 22 g carbohydrate, 5 g protein, 85 mg sodium



# CREAMY CARROT SOUP

Recipe by Sherry Coleman Collins, MS, RD, LD

## Ingredients

- 1 Tbsp peanut oil
- 1 large onion, chopped
- ½ tsp salt
- 1-2 cloves garlic, minced
- 3 cups chopped carrots
- 2 Tbsp fresh ginger, minced
- 3 cups water or vegetable stock
- 2 cups of peanut milk or other milk
- Salt and pepper to taste
- Optional: Chopped salted peanuts and cilantro

## Preparation

1. In a large stock pot or Dutch oven, sauté onion in the peanut oil over medium-low heat for about 5 minutes.
2. Add salt and garlic, and cook for about 1 more minute.
3. Add chopped carrots, ginger and water or stock, and bring to a boil over high heat.
4. Reduce heat to allow the soup to cook at a gentle simmer for about 20 minutes, or until the carrots are very soft.
5. In batches, puree mixture in a blender.
6. Return soup to a clean pot, stir in peanut milk or other milk, and cook mixture over low heat just until heated through.
7. Add salt and pepper to your taste. Garnish with chopped salted peanuts and cilantro.

## Nutrition Facts

per 1 cup serving

110 calories, 6 g total fat, 0 g trans fat, 0 mg cholesterol, 3 g protein, 290 mg sodium

SERVINGS: 6  
TOTAL TIME: 30 MIN

# CHICKEN PAD THAI

Recipe by Kristina LaRue, RD, CSSD

## Ingredients

- 1 lb chicken breast
- Freshly ground pepper
- 1 Tbsp olive oil
- 1 Tbsp honey
- 2 tsp chili garlic sauce
- 3 Tbsp rice wine vinegar
- 2 Tbsp low-sodium soy sauce
- 1 Tbsp peanut butter
- ¼ cup water
- 1 medium zucchini, spiralized (about 1 cup)
- 2 medium carrots, spiralized (about 1 cup)
- 1 cup cooked pad Thai stir-fry noodles
- 1 cup bean sprouts
- 1 cup thinly sliced cabbage
- 1 lime, quartered
- ¼ cup unsalted peanuts, crushed
- 2 Tbsp chopped cilantro

## Preparation

1. Season chicken with pepper.
2. Heat olive oil in large nonstick skillet over medium-high heat and fully cook chicken. Remove chicken from pan and allow to rest for 5 minutes before slicing.
3. In a small bowl, whisk together all ingredients from honey to water to make sauce.
4. Add spiralized vegetables, noodles and chicken to a pan, pour sauce on top and toss to coat.
5. Toss in sprouts and cabbage, and serve with lime wedge, crushed peanuts and cilantro.

## Nutrition Facts

per ¼ of recipe

295 calories, 12 g total fat, 0 g trans fat, 60 mg cholesterol, 22 g carbohydrate, 27 g protein, 792 mg sodium

SERVINGS: 5  
TOTAL TIME: 20 MIN



# PEANUT AND BASIL PESTO



Recipe by Caroline L Young, MS, RD, LD, RYT  
(View recipe video online at [nationalpeanutboard.org](http://nationalpeanutboard.org))

## Ingredients

2 cups packed fresh basil leaves  
2 cloves garlic  
¼ cup peanuts  
⅔ cup Oliver Farm green peanut oil, or olive oil  
Salt and pepper, to taste  
½ cup freshly grated Pecorino cheese

## Preparation

1. Combine basil, garlic and peanuts in a food processor and pulse until coarsely chopped.
2. Add ½ cup of oil and process until fully incorporated and smooth.
3. Season with salt and pepper.
4. If using immediately, add all remaining oil and pulse until smooth. Transfer the pesto to a large serving bowl and mix in the cheese.

## Nutrition Facts

per 2.5 Tbsp

290 calories, 29 g total fat, 0 g trans fat, 0 mg cholesterol,  
5 g carbohydrate, 5 g protein, 520 mg sodium

SERVINGS: 6

TOTAL TIME: 10 MIN

# CRUNCHY HONEY PEANUT CHICKEN



## Ingredients

1 Tbsp flour  
1 tsp salt  
½ tsp garlic powder  
¼ tsp dried tarragon  
¼ cup prepared mustard  
2 Tbsp honey  
1 cup unsalted dry-roasted peanuts, finely chopped  
4 boneless skinless chicken breast  
2 Tbsp butter

## Preparation

1. In a pie pan or shallow bowl, combine flour, seasoned salt, garlic powder and tarragon; mix well.
2. In second pie pan, combine mustard and honey.
3. Place peanuts in third pie pan.
4. Dip each chicken breast in flour mixture, then honey mustard, and finally in peanuts to coat.
5. Heat butter in 10- or 12-inch skillet; add chicken and cook over medium-low heat until cooked through and golden brown, 4-5 minutes per side.

## Nutrition Facts

per 1 chicken breast

587 calories, 30 g total fat, 0 g trans fat, 166 mg cholesterol,  
21 g carbohydrate, 59 g protein, 1,067 mg sodium

SERVINGS: 4

TOTAL TIME: 20 MIN

Recipe from National Peanut Board



# CREAMY DREAMY PEANUT MILK SMOOTHIE



*Recipe by Sherry Coleman Collins, MS, RD, LD*

## *Ingredients*

½ medium frozen banana  
1 cup peanut milk  
¼ cup frozen cauliflower florets  
1 tsp wheat germ  
¼ tsp cinnamon  
⅛ tsp cardamom

## *Preparation*

Blend all ingredients together in a high-powered blender.

## *Nutrition Facts*

*per 1 smoothie*

220 calories, 11 g total fat, 0 g trans fat, 8 g protein  
0 mg cholesterol, 22 g carbohydrate, 140 mg sodium

SERVINGS: 1

TOTAL TIME: 5 MIN

<https://www.niddk.nih.gov/health-information/diabetes/overview/diet-eating-physical-activity>

<https://medlineplus.gov/diabeticdiet.html>

<http://www.diabetes.org/food-and-fitness/food/what-can-i-eat/understanding-carbohydrates/glycemic-index-and-diabetes.html>



