

# Local & Entertainment

## Peanut Butter!



**Homemade Goodness**  
By Eileen Driver

1 tablespoon coconut flour  
 ½ cup dark chocolate chips  
 1 teaspoon coconut oil  
 In medium bowl, combine peanut butter, maple syrup and coconut flour. Mix very well until a consistent batter is formed. Use a spoon to scoop the batter into 6 balls, then

milk. Serve immediately for soft serve or freeze for a couple hours for harder consistency.

I was skeptical about this when I first heard about it but just about bought out the stores supply of bananas after tasting it. If you want to try other flavors you could substitute just about any kind of berries, preserves or topping sauces for the peanut butter and have a smorgasbord of healthy ice cream options. Of course it wouldn't be complete homemade goodness without some natural homemade peanut butter to use in all your recipes and peanut butter and jelly sandwiches.

### Homemade Peanut Butter

2 cups shelled roasted peanuts  
 ½ teaspoon salt (or a little more to taste)

1-2 tablespoons of oil (peanut, vegetable, canola, whatever)

1-2 tablespoons honey (optional if you like sweeter peanut butter)

Put peanuts in food processor or blender. Pulse a few times until chopped. (For chunky peanut butter remove 1/2 cup chopped nuts and set aside)

Run food processor or blender continuously for 1 minute. Stop and scrape down sides and bottom of bowl. Repeat 2 more times until thick and glossy.

Sprinkle oil, salt and honey (if using) over the top of the peanut butter. Process another 1-2 minutes until completely smooth. (Homemade peanut butter is never as "completely smooth" as store bought but close enough.)

Taste and add more salt (if desired) or reserved chopped peanuts and pulse a few more times to mix in. Put in covered container and store in refrigerator for several weeks or you can eat immediately.

This is probably not the last time I will give you recipes with peanut butter in them but I will try to wait a decent interval in between. Enjoy!

I love peanut butter. In fact if you ask most people who know me they will tell you I am obsessed with it. (I publicly do not agree with them but they are probably right). If you need a recipe for peanut butter anything I probably have it, especially if there is also chocolate involved. I am really quite astonished that it took me this long to write a column about it. Some of my peanut butter pie recipes—yes I said *some* of them. I don't give out since I make and donate them to the annual Chamber Auction, held the first Saturday in May, and if they could make them themselves they wouldn't need to buy mine. Trust me when I say I have plenty more where they come from.

I have been working on making a healthier me, so have learned new ways to enjoy and indulge in my peanut butter craving. So far I am proud to say that I have lost 45 pounds and eaten plenty of peanut butter too. Since Easter is on its way I thought you would enjoy making some healthier but delicious peanut butter eggs. This recipe was given to me by my daughter. The love of peanut butter runs in the family, and they satisfy the cravings wonderfully without all the extra fat and preservatives found in the store bought kind.

### Peanut Butter Eggs

½ cup peanut butter (crunchy or creamy)  
 2 tablespoons pure maple syrup

use your hands to form into egg shapes.

Place the eggs on a platter lined with parchment paper and place in freezer to set.

While peanut butter middles are setting up in the freezer, melt chocolate chips and mix in coconut oil.

Remove eggs from freezer and dunk each one in chocolate mixture to coat all sides. Return eggs to parchment paper and drizzle with any left over chocolate (we wouldn't want to waste any)

Return to freezer and freeze at least 10 minutes before serving. Note: not that they will last long enough, but they are best served straight out of the freezer as the chocolate will soften if stored at room temperature.

### Peanut Butter Banana Ice Cream

With the warmer spring and hotter summer weather coming soon you will love this wonderful ice cream recipe that just could not get any easier to make or healthier to eat. You do need a powerful blender or food processor but you don't need an ice cream machine.

1 frozen banana per person you want to serve  
 1 tablespoon of peanut butter per banana.

Break up or slice frozen bananas into smaller chunks and place in food processor or blender along with peanut butter. Puree till smooth and creamy. If you have trouble getting bananas to puree add 1 tablespoon of water or

## Bebe's word search

### Songs From the Year 2002

Find and circle all of the songs from 2002 that are hidden in the grid. The remaining 21 letters spell an additional song title from 2002.

N E V A E H G I R L F R I E N D C E  
 E M T U O H T I W A H S I L O O F L  
 A N D H Z Y D E T A C I L P M O C D  
 T L B I P Y S E L G N E H U A F A D  
 T O L P L C A F C A T L U O E U D I  
 Y O A M A E C D E I O Y H Y R L D M  
 H H X P Y R M L Y S F O H R I L I E  
 B E E I A L C M E N Y I U O A M C H  
 Y U L Z C S I Y A O I B R F L O T T  
 T A Y L D I O F G I S A O C S O I S  
 H O D N A U T I E T T M R G A N V I  
 E N A Y R G R Y I A I Y U T S S E L  
 W H I S R L O K O V L E B A B Y Y Y  
 A S E H T E R O H I L H E R E I A M  
 Y L P A T O V E D T F B L U R R Y D  
 F F L I W O R E M O L D I S E A S E  
 Y K H E N O N I N M Y P L A C E A D

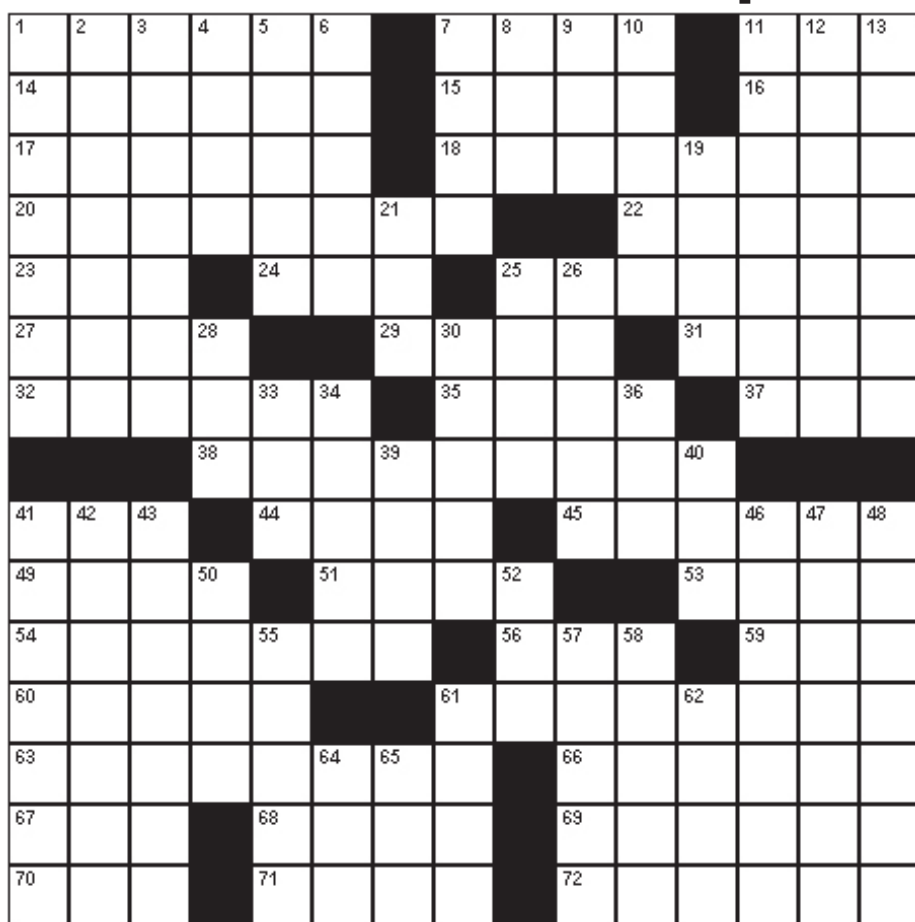
ADDICTIVE  
 AERIALS  
 ALL MY LIFE  
 BABY  
 BLURRY  
 BY THE WAY  
 COMPLICATED  
 DAYS GO BY  
 DILEMMA  
 DISEASE

ESCAPE  
 EVERYDAY  
 FOOLISH  
 FOR YOU  
 FULL MOON  
 GIRL TALK  
 GIRLFRIEND  
 HALFCRAZY  
 HANDS CLEAN  
 HAPPY

HEAVEN  
 HELLA GOOD  
 HERE I AM  
 HERO  
 HEY MA  
 IN MY PLACE  
 LOSE YOURSELF  
 MOTIVATION  
 MY LIST  
 MY SACRIFICE

NOTHIN'  
 OH BOY  
 RAINY DAYZ  
 SPIN  
 STILL FLY  
 THE MIDDLE  
 TOXICITY  
 UH HUH  
 WITHOUT ME  
 WORK IT

## This week's crossword puzzle



### Across

- 1- Put away;
- 7- \_\_\_ even keel;
- 11- Big shot;
- 14- Suave;
- 15- Actress Moore;
- 16- Land in la mer;
- 17- Wound;
- 18- Ready for editing;
- 20- Undiplomatic;
- 22- Less common or less cooked;
- 23- Sun Devils' sch.;
- 24- Lawyers' org.;
- 25- Where junk may be held;
- 27- Standard;
- 29- Abominable snowman;
- 31- School orgs.;
- 32- Hemoglobin deficiency;
- 35- \_\_\_ Crunch;
- 37- Overhead trains;
- 38- Rapt;
- 41- Ques. response;
- 44- Ancient Semitic for "Lord";
- 45- Pines for;
- 49- Spoils;
- 51- Anatomical passage;
- 53- Actor Connery;
- 54- Endurance;
- 56- Gut reaction?;
- 59- Overtime cause;
- 60- Having auricular protuberances;
- 61- Stickum;
- 63- Unnoticed;
- 66- Yom Kippur observer;
- 67- "Wheel of Fortune" buy;
- 68- Sewing case;

- 69- Narrate;
- 70- Blazed a trail;
- 71- Queens stadium;
- 72- Confused;

### Down

- 1- Seedless raisin;
- 2- Federal crime;
- 3- Unknown;
- 4- Hold on!;
- 5- Name on a bomber;
- 6- Star in Cygnus;
- 7- Poems, often used to praise someone or something;
- 8- Actor Beatty;
- 9- Bordeaux buddy;
- 10- Part of TNT;
- 11- Oscillate;
- 12- Forbidden by law;
- 13- Noblewoman;
- 19- Over-50 org.;
- 21- Speak;
- 25- RR stops;
- 26- Slightly intoxicated;
- 28- Marseille Mrs.;
- 30- French school;

- 33- Bach's "Mass \_\_\_ Minor";
- 34- Anew;
- 36- Maiden name preceder;
- 39- Pro \_\_\_;
- 40- \_\_\_ Kapital;
- 41- Weapons supply;
- 42- Zero;
- 43- Began;
- 46- Related to the back of the eye;
- 47- Artlessness;
- 48- Scoffed;
- 50- Hook's helper;
- 52- Slender bar;
- 55- Runs without moving;
- 57- Butler's love;
- 58- Wined and dined;
- 61- The most heavily populated continent on Earth;
- 62- Auctioneer's cry;
- 64- Biblical verb ending;
- 65- Litigate against;

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