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Peanut butter is a pantry staple that's often overlooked as versatile because we're so used to spreading it on toast. But it's perfect for baking and cooking too (not forgetting eating it straight from the jar). It's a great source of protein, high in healthy fats and low in carbs. We could wax lyrical about this nutty spread all day! From budget-friendly, plant-based and time-saving desserts here is our roundup of the best peanut butter recipes.



BEEF SATAY WITH SPICY PEANUT SAUCE

Satay sauce brings together rich and creamy with umami by combining peanut butter and soy sauce. We've used it with beef skewers, but chicken or pork work well too.



PEANUT BUTTER CHICKEN TRAYBAKE

If you're looking for savoury peanut butter recipes, this is one for the cook's arsenal.



CHICKEN SATAY LETTUCE CUPS

The ideal low-carb alternative to the boring chicken wrap office lunch, or perfect al fresco eating in summer. This peanut butter recipe covers chicken in a moreish sauce while keeping it healthy.



GREENS ON SOY AND PEANUT BUTTER RICE

Vegetarians, you're going to love this! Crispy fried rice is tossed through satay sauce and topped with stir-fried greens. The satay sauce is the star in this recipe so double up, and jar the rest.



60-SECOND PEANUT BUTTER CUPS

A dessert made in the microwave and delivers a gooey peanut butter centre. It's a lifesaver for when you don't have the patience and have to give into your sweet cravings!



PEANUT BUTTER

If you're wary of added sugar in your store-bought peanut butter, why not make it yourself with this delicious, healthy crunchy peanut butter recipe



BANANA AND BUCKWHEAT LOAF

A gluten-free bake that's a breeze to make. This one pairs peanut butter with it's best partners: honey and bananas.

It's a peanut butter recipe for every taste, smooth or chunky, sweet or savoury. Enjoy!