

# Peanut Butter, The Superfood

Author: Michelle Brown

Published: November 09, 2009 at 10:19 am

An old colleague of mine would disagree, but it's widespread opinion\* that peanut butter is one of the most amazing foods out there. I am sure if he wasn't deathly allergic, he would be right on board as well.

One of my college friends was so on board the peanut butter bandwagon we actually wrapped some jars up and presented them to her on her birthday. A much healthier alternative to the box of Lucky Charms marshmallows they gave me when I turned 20, but I digress. (Seriously, an entire box of JUST the marshmallows! I have the best friends ever).



Full of good fats, protein to aide in muscle growth and plenty of fiber, peanut butter is basically a superfood for runners. In an article published on the Runner's World website in 2007, I discovered that all of that good stuff provides a slow release of energy during your workouts to help you push through to the very end. So while that banana you grab on your way out the door or candy bar you find stashed in your glovebox gives you a quick sugar rush, they're more likely to leave you gassed and puttering out near the end of your run.