



## National Peanut Day Is September 13<sup>th</sup>



National Peanut Day is September 13<sup>th</sup>, and what better way to celebrate than with one of the most beloved versions of this legume, peanut butter! Stuffed into French toast, added to a healthy acai bowl or eaten straight from the spoon, there are endless ways to treat yourself. Start by checking out these San Diego hot spots with tasty peanut butter dishes!

Check out Carlsbad's [Park 101](#), an open-air dining spot where locals and visitors can enjoy breakfast, lunch and dinner. To start the day out the healthy way, order a super-

nutritious **Power Bowl** from the grab-and-go Perk 101 counter. An acai base of seasonal fruit, kale and spinach, topped with peanut butter, granola, chia, flax and honey – this bowl has got it all! Including the ability to keep you fueled and feeling

fully satisfied throughout your day. Incorporating peanut butter into protein-packed breakfast bowls has become a big trend in San Diego, and Park 101 offers one of the best in the area.

Celebrate National Peanut Day by indulging at San Diego's favorite brunch spot – [Breakfast Republic](#)! Seven locations, ranging from Ocean Beach up to Carmel Valley, ensure you won't have to travel too far to treat yourself to a decadent breakfast of the **Mr. Presley**. Peanut butter stuffed French toast topped with bananas foster and bacon make up this sweet, yet savory plate. Breakfast Republic also offers egg scrambles, pancakes, omelets and plenty more to nosh on for your first meal of the day.

The [Lazy Hippo](#) is the Gaslamp District's one-stop location for all your favorite breakfast dishes, with both modern and traditional items to choose between. For a healthy way to kick off your morning, opt for the **Banana & Peanut Butter Oatmeal** with Greek yogurt, peanut butter, chia seeds, banana and nonfat milk. While oatmeal is said to provide important minerals, fiber and antioxidants, the peanut butter and Greek yogurt are both great sources of protein, which will give you that lasting energy to tackle the day ahead. This is one light, yet filling, breakfast dish that will keep you coming back to Lazy Hippo.

Located just steps from the sand, [The Duck Dive](#) is PB's go-to lounge and eatery with a menu compiled of takes on classic American dishes as well as coastal favorites. With everything from breakfast burritos to a variety of French toasts, there is something for everyone at this laid-back beach spot! On National Peanut Day, go with the **PB&J French Toast**, made with strawberry jam and house-made peanut butter infused butter. One bite and you'll be hooked on this melt-in-your-

mouth, warm and comforting brunch plate. Pair it with a mimosa or AM cocktail to add a little kick to the morning.

For those who are more of a dessert person, check out **Baked Bear**, at [The Village at Pacific Highlands Ranch](#) on National Peanut Butter Day. After a long day of shopping or as a treat to yourself post gym session, stop by Baked Bear to create your own ice cream sandwich. Start with peanut butter cookies, created from homemade original recipes, made with the highest quality ingredients and baked fresh each morning. The next step is selecting your ice cream – you can keep it simple with vanilla or get a little wild with a dark chocolate or salted caramel flavor! Add any topping you desire, and you've got a great way to end this national holiday.