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Word Count: 111

## **Peanut Butter: An American Favorite**

People have eaten peanuts for thousands of years. Peanuts first grew in South America. People started growing them in the United States around 1818.

Over the years, many people ground peanuts to make them easy to eat. Dr. John Kellogg made a recipe for peanut butter around 1890. He wanted people to eat peanut butter instead of meat.

In the 1900s, people built machines to make large amounts of peanut butter. They also mixed in oil to make peanut butter easier to spread.

Americans love peanut butter. Some like smooth peanut butter best, and others like chunky best. Overall, Americans eat more than a million pounds of peanut butter every year!

