

# Uses

ID	1,207
Crop ID	Groundnut
Part	Seed
Use Category	Food
Notes	Seed - raw, cooked or ground into a powder. Peanuts are a staple food in many tropical zones and are widely exported to temperate area of the world. The seeds have a delicious nutty flavour and can be eaten on their own either raw or roasted. The seeds are commonly ground up and used as peanut butter in sandwiches etc. They can also be cooked in a variety of dishes and are also ground into a powder when they can be used with cereals to greatly improve the protein content of breads, cakes etc.
Metadata ID	8,401