

It's crunch time: Eight supermarket peanut butters, ranked.

From ultra-nutty dark roast butters to salty spreads that Elvis would approve of, we tasted our way through a shelf-full of crunchy peanut butters.

#1) Ridiculously Delicious Nut Butter Company Chunky Crunch

This is what I imagine Elvis liked to spread on the PB and bacon sandwiches. Syrupy when you pick it up on a spoon, and almost creamy in the mouth, I'm not sure what sorcery has been used to achieve that texture and the crunch, but I like it. (Side note: did you know you can get "smunchy" peanut butter from some makers?)

Similar in colour to Donald Trump, but don't hold that against it. This is a salty, savoury dose of nut butter that ticks boxes whether it's spread on toast, topped with banana, spooned onto slices of apple... should I keep going? It certainly doesn't taste "healthy", but it's actually got less salt content than the big brands. (They need more salt to balance out all that added sugar.) And besides, life's too short for a bad jar of peanut butter. I think the King would agree.

