

## **PB& J (Peanut Butter and Jam Sandwich)**

1 serving

### **Ingredients**

2 Slices whole wheat bread

2 Tablespoons of Natural Peanut Butter (no added hydrogenated oils)

2 Tablespoons Jam (all fruit is a good choice)

### **Instructions:**

If preferred, toast bread.

Spread peanut butter onto one slice of bread and jam onto the other. Press the two slices together

### **Options:**

- Can use natural roasted almond butter instead of peanut butter.
- Can use fresh fruit (sliced banana, apples) or drizzle of honey instead of jam
- Look for whole grain bread without milk and with whole grain wheat listed first on ingredients label.
- If avoiding gluten, choose a gluten free bread.