

Banana Peanut Butter Sandwich

Ingredients:

2 tablespoons peanut butter
 4 slices raisin bread
 1 banana

Equipment:

Cutting board
 Knife
 Plate

Number of Servings: 2
 Preparation Time: 10 minutes
 Total time: 10 minutes

Directions

1. Spread 1 tablespoon of peanut butter on 2 bread slices.
2. Arrange banana slices over peanut butter. Top with remaining bread slice.
3. Place sandwiches on cutting board and cut into quarters.

TIP: try using a variety of whole grain breads and pack for a healthy lunch!

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Nutrition Facts

Serving Size: 1 sandwich
 Servings: 2

Amount Per Serving		
Calories 292		Calories from Fat 99
		%Daily Value*
Total Fat 11g		17%
Saturated Fat 2g		12%
Cholesterol 0mg		0%
Sodium 279mg		12%
Total Carbohydrate 44g		15%
Dietary Fiber 5g		18%
Protein 9g		1%
Vitamin A 1%	Vitamin C 9%	
Iron 11%	Calcium 4%	

*Percent Daily Values are based on a 2,000 calorie diet.

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