

## Peanut Butter 'n Fruit-wich

### Ingredients:

1 slice whole wheat bread  
 1 tablespoon peanut butter  
 1/4 banana, sliced

### Equipment:

Plate  
 Knife  
 Cutting board  
 Measuring spoons

Number of Servings: 1  
 Preparation Time: 5 minutes  
 Total time: 5 minutes

### Directions

1. Spread 1 tablespoon peanut butter on bread.
2. Place banana slices on top.

\*Note: Instead of whole wheat bread try crunchy graham crackers or roll up the filling in a soft tortilla. Try diced apples or pears or peaches for variety.

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### Nutrition Facts

Serving Size: 1 slice bread with toppings

Servings: 1

Amount Per Serving

**Calories 192**      Calories from Fat 90

%Daily Value\*

**Total Fat** 10g      **15%**

Saturated Fat 2g      **10%**

**Cholesterol** 0mg      **0%**

**Sodium** 223mg      **9%**

**Potassium** 295mg      **8%**

**Total Carbohydrate** 23g      **8%**

Dietary Fiber 4g      **14%**

**Protein** 7g      **14%**

Vitamin A      0%      Vitamin C      4%

Iron      7%      Calcium      3%

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

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