

# PEANUT BUTTER & APPLE SANDWICH

MAKES 1

## INGREDIENTS



2 SLICES

WHOLE WHEAT BREAD



1/2 AN APPLE,

SLICED



1 TABLESPOON

NUT OR SEED BUTTER

## INSTRUCTIONS

1. Spread peanut butter on 1 slice of bread.
2. Place apple slices or fruit of your choice onto the peanut butter.
3. Place second slice of bread on top.
4. Enjoy!



## Nutrition Facts

Servings: 1

Amount per serving

**Calories**

**290**

% Daily Value\*

Total Fat 10.1g

13%

Saturated Fat 2.1g

11%

Cholesterol 0mg

0%

Sodium 339mg

15%

**Total Carbohydrate** 41.7g

15%

Dietary Fiber 7.5g

27%

Total Sugars 16.2g

**Protein** 11.6g

Vitamin D 0mcg

0%

Calcium 61mg

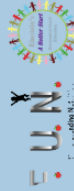
5%

Iron 3mg

19%

Potassium 362mg

8%



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